

The book cover is a deep red color with a fine, woven texture. It features a central vertical panel defined by a double-lined black border with pointed top and bottom edges. This panel contains the title and author's name. On either side of this central panel, there are large, stylized geometric patterns made of multiple parallel black lines, forming a series of nested chevrons or zig-zags that point towards the center.

**NEW
HEALTH
COOKERY**

**By
BENGAMIN
GAYELORD
HAUSER**



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INTRODUCTION

INTRODUCTION

EATING should be enjoyable. We were all created with an instinct to enjoy eating, so that we would have a desire to eat in order to properly feed and nourish the body. Nature therefore made the pleasure of eating as important as properly chewing and swallowing. The chewing of agreeable foods starts in motion the whole digestive machinery; the longer the food is chewed the more completely the starch is digested and the larger the amount of gastric juices produced in the stomach, in readiness to digest the food when it arrives. These juices have been called appetite juices, and they are aroused by the pleasure of taste.

Any form of pleasure is easily overdone, and the appetite is no exception. Much to Mother Nature's horror, the pleasure of eating which was meant to supply strength and fuel for the body, has fallen into the background and the old order of eating to live has been reversed into living to eat. Foods that were meant to build and preserve the physical structure were supplanted by foods that gratified an artificial appetite, and human beings have paid in health for the folly of eating canned, devitalized, refined and blanched flours or over-seasoned foods.

Too often the phrase "it is good for you" is met with a grimace and why not? We all know we should enjoy eating. The ideal way is to eat both for health and pleasure. This is

the aim of the NEW HEALTH COOKERY which has been prepared to offer inspiration in the preparation of dishes that are tasty, appetizing, economical and healthful.

The grim, despaired health-seeker has gone out of date. We all remember dear Aunt Bessie who wouldn't eat eggs because they made her bilious, and Uncle William who went here, there and everywhere hunting cures. In their stead have come our modern friends and relatives who eat with relish and without fear *right at home* or wherever they so desire.

This generation, with its inquiring minds and sharp impatience at delays, will not spend years seeking health and happiness. Our moderns always want the short-cuts. They want to enjoy life while they are young, and strive to stay young until they have obtained all there is out of life.

Truth-seekers rather than health-seekers, ask for the reason why they should not have health. They believe it their rightful heritage. And when they know of any reason why they should not have what rightfully belongs to them, they set right to work reclaiming; and the reason is swept away. No make-shift for them—no temporary relief, but always the real, the natural and the true way.

We accept the theory that we eat to live. We know that good, natural food must result in good, natural health; that dead, devitalized food must breed the agents of death—disease and old age. This argument is so sane and basically sound that truth-seekers should never ignore it.

To everyone, of every age, who believes it his divine privilege to be healthy, and who will not be robbed of his right, this NEW HEALTH COOKERY is dedicated. Let it be an armour against the antiquated, destructive idea that anything delicious to the taste must be good for our health. Learn from these pages how to make everything taste good

that really *is* good for you, in the sterner sense of the word. Always refer here for wholesome, tasty food combinations that are at the same time life-giving and health-protecting.

Dead and denatured or refined and blanched foods are not to be found in any of the following recipes. Only foods and food combinations which will aid you to regain or maintain a radiant state of health are given below. Every effort has been made to supply the palatable pleasure derived from artificial or denatured foods, should your appetite be trained to be desirous of such foods. Every recipe here has been created to add to your pleasure and enjoyment of food, and we believe we have been successful in that direction. Our aim has been to show how to prepare healthful foods so appetizingly that you will completely forget that you are eating foods that are "good for you."

Harmful ingredients such as denatured and blanched flours, white sugar, vinegar, animal fats, pork, white salt, pepper and Pasteurized milk have been omitted and in their place are substituted the natural whole-grain flours, raw sugar, vegetable shortenings, olive oil, vegetable salt and sweet food spices.

You will find new and tasty ways of preparing everything you have been accustomed to eating. Even the finest cooks in the country fail in the successful preparation of vegetables in making them appetizing and tasteful. As vegetables are so vital to good health, we have experimented until we found the secrets of cooking and serving them attractively. The same has been done with meats and fish, experimenting in the preparation of them, so that none of their savory flavor was lost. Then there are the recipes that teach you how to make many cookies and candies that would rival the concoctions made by leading confectioners. The soups, salads, sauces, dressings and all kinds of desserts and hot breads are

presented in this book for the purpose of giving you as much pleasure as they do good health.

For those who have good health and wish to remain healthy, these recipes are most appropriate. For those persons who are toxic and sick, these recipes will be appropriate after cleansing their systems by following the Seven-Day Elimination as outlined in the book of *Food Science and Health*. All forms of disease come to dwell in a system where the food supply has not been regulated with attention to health and a pure blood stream; this debris must be removed from the body or it will contaminate the pure, wholesome foods suggested here.

We take great pleasure in presenting the NEW HEALTH COOKERY, because we sincerely believe that it solves the problem of how to eat with enjoyment and gives the food elements necessary to the body, in order to prolong youth and life and produce health and happiness.

Certain fundamental rules of health in eating must always be followed, and include

1. Wherever one eats meat or a meat substitute one must always have vegetables or fruit at the same meal.
2. To maintain good health serve some of the meat substitutes several times each week instead of meat.
3. Include only one starchy food at a meal. Most people eat too much starch as well as too much meat and sweets. For sweets use natural sweets, such as raw sugar, figs, fruit, honey, etc.
4. Use only the freshest and youngest of meats, vegetables and fruits. Old foods cause hardening and old age.

Your cook can be your doctor. Through her gracious art, she can endow you with health and enjoyment with

every delectable dish that issues from her kitchen. With the aid of the *NEW HEALTH COOKERY*, she can make foods more appetizing and savory and still consider health as her great objective. If you are your own cook, you will have true inspiration in your work. Instead of just serving hunger, you are serving every physical need, and your reward will be the exuberant well-being of yourself and all who are near and dear to you.

We wish to thank Mrs. Olive Muriel Jonah, able nutritionist, and her assistant, Miss Elsie Vondel Amburg, through whose untiring efforts this book has been made possible.

Sir William Roberts, M.D., once said: "One generation of scientific feeding will produce an influence upon humanity that is second only to a new creation of the race." It is to this newly created race that we dedicate the *NEW HEALTH COOKERY*.

PART ONE
VEGETABLES

PART ONE

VEGETABLES

VEGETABLES should be served with every meal. At least sixty percent of our food should be fruit and vegetables.

Vegetables are rich in mineral salts and rate next to the citrous fruits in value toward establishing alkalinity in the blood stream.

The housewife should always select the youngest, the most perfect vegetables the market affords. When we eat young healthy specimens we put into our bodies vitamins that keep us youthful, but when we use gnarled, tough vegetables we eat old age.

Most vegetables are best in their natural state with few exceptions, such as spinach, tomatoes, asparagus, eggplant and a few others. In cooking them it is important to prepare them with as little water as possible and for that reason the modern waterless heavy cooking ware is as necessary as the kitchen range.

Never allow vegetables to stand in water prior to cooking them, as much of the food value is lost when the water is poured off. The portion of the vegetable next to the skin contains the greatest food value, hence our thin-skinned vegetables such as carrots, tomatoes, potatoes, beets and young turnips should be washed with a brush and never peeled. With the exception of tomatoes and spinach, canned vegetables are dead. If you are desirous of good health and

wish to be vital and happy, use only fresh vegetables which abound in vitamins. It is naturally advisable to use vegetables which have been grown above the ground and exposed to sunshine, such as the leafy vegetables, as those growing below the ground with the exception of carrots, are less desirable.

ARTICHOKES

Artichokes are rich in iron and should be used more frequently than is the custom. To cook, fit the artichokes snugly into a pan so that they cannot move about, separate the leaves and put into each one about one-fourth of a finely minced garlic clove. Pour one tablespoon of Wesson Oil in the center and add enough water to be about an inch deep in the pan, keeping it that depth while cooking. Cover the vessel and let steam from forty-five minutes to an hour. Serve with a dressing into which each leaf is dipped.

ASPARAGUS

Scrape the tough part of the stem lightly, wash well, cook in heavy utensil with very little water and vegetable salt until tender (about fifteen minutes). Add melted butter before serving.

CORN AND LIMA BEAN SUCCOTASH

1 teaspoon vegetable salt	2/3 cup fresh lima beans
1 cup fresh young corn cut from the cob	1/4 green pepper cut fine
	1/2 cup tomatoes

Cook the lima beans until almost tender; then add the pepper; cook a minute longer; lastly, add the corn and tomatoes and cook seven or eight minutes longer.

EGGPLANT

(1.) Two eggplants, young and fresh. Peel, cut in slices and steam or stew until tender without much water; drain, mash fine or rub through colander. Add to the eggplant an equal quantity of dried whole wheat crumbs, one cup of milk, one tablespoon butter or a little cream, two beaten eggs, vegetable salt. Turn into oiled pudding dish and bake three-quarters of an hour or less if smaller quantity.

(2.) Boil until done. Peel and cut in small pieces. Put in frying pan three tablespoons Wesson Oil, one minced onion, one-half green pepper, small clove garlic, two tablespoons chopped parsley. Fry and add mashed eggplant, mix one-half cup cream, two beaten eggs, vegetable salt. Put in baking dish, cover with whole wheat breadcrumbs; dot with butter. Bake one-half hour.

(3.) Slice round. Roll in whole wheat flour, salt and sauté in Wesson Oil.

POTATOES

Potatoes are very starchy. When eaten, be sure to use no bread or pastry during the same meal. Potatoes with peelings removed are unfit for use. Never eat "smashed" potatoes.

BAKED POTATOES

Select even-sized potatoes. Grease with Wesson Oil. Bake in moderate oven one hour. Split, remove center, fill with butter, eat peelings and all.

STEAMED POTATOES

Wash even-sized potatoes; put in heavy vessel with two tablespoons water to start steaming. Cover with tight-fitting lid. Steam one hour; add no water.

MUSTARD GREENS

(See Spinach)

SPINACH

Wash thoroughly, drain. Put in pan with no water, vegetable salt, one sliced onion. Cook in tightly-covered vessel eight minutes. Butter.

SUMMER SQUASH

Wash and slice squash; cook in heavy vessel with very little water, add vegetable salt; mash when well done; add a large piece of butter.

SPINACH RING

3 cups of cooked spinach

1½ cups cooked rice

1 cup grated cheese

3 tablespoons olive oil

4 eggs beaten separately and
whites folded in last

1 small onion, grated olive oil
garlic chopped fine

Vegetable salt, sweet food spice
to taste

Mix all together and bake slowly about one hour in an oiled ring mold.

SWISS CHARD

Cooked in the same manner as spinach.

BAKED TOMATOES

(1.) Slice good-sized tomatoes thick without peeling them. Put one slice white onion on each one; butter and salt; very little water. Bake in oven slowly one hour, basting frequently.

(2.) Wash the required amount of tomatoes. Cut a thin slice from the stem end. Take out the pulp and seed; drain off most of the juice; add to the pulp an equal amount of whole wheat breadcrumbs, vegetable salt, pinch of sweet food spice, small chopped onion. Refill tomatoes with mixture; put in buttered pan; sprinkle with buttered whole wheat breadcrumbs. Bake twenty minutes in a hot oven.

TOMATOES AND SAUERKRAUT

Remove thin slice from the stem ends of smooth, medium-sized tomatoes. Take out the pulp; add equal quantities of whole wheat breadcrumbs and sauerkraut. Season with vegetable salt, sweet food spice and a few drops of onion juice. Refill the tomatoes with the mixture. Place stuffed tomatoes in buttered pan; sprinkle each tomato with buttered whole wheat crumbs; bake twenty minutes.

SCALLOPED TOMATOES AND ONIONS

1½ cups cold boiled onions
8 tomatoes
Vegetable salt

Pinch of spice
Butter
1 cup whole wheat breadcrumbs

Slice tomatoes and chop onions fine. Put a layer of sliced tomatoes in a buttered baking dish; season with vegetable salt; spice and butter. Cover with breadcrumbs, then a layer of chopped onions. Cover the top layer of onions with breadcrumbs. Bake in a hot oven thirty minutes.

GREEN CORN ON COB

The art in cooking corn on the cob is to boil the vegetable only sufficiently to soften the kernels. Cover with boiling water and cook until tender, ten to twelve minutes. Sprinkle with one teaspoon salt and one teaspoon sugar, and let stand a few minutes before serving.

MUSHROOMS WITH TOMATOES

Melt three tablespoons of butter in a frying pan. Add three-quarters of a cup of mushrooms; broil on both sides; add one can of tomatoes and one-quarter cup of chopped parsley. Heat and serve.

EGGPLANT STUFFED WITH PEAS AND RICE

1 eggplant
 $\frac{1}{2}$ cup water
1 cup cooked brown rice
2 tablespoons butter

$\frac{1}{2}$ cup whole wheat bread-
crumbs
1 cup cooked peas
Vegetable salt and spice

Cut eggplant in two, lengthwise, and scoop out the center. Leave rind one-half inch thick. Cover shells with cold water. Chop pulp fine; season with vegetable salt, sweet food spice and garlic powder. Cook ten minutes in a frying pan, stirring well. Add peas and rice. Drain shells; season

the inside and fill with the mixture. Cover top with whole wheat breadcrumbs. Place in baking dish, adding two inches of hot water. Bake in moderate oven for forty-five minutes.

EGGPLANT STUFFED WITH SHRIMP

Boil four-inch eggplants; halve and scoop out the pulp, allowing one-half vegetable to each serving. Chop fine, season with vegetable salt and sweet food spice; tablespoon butter. Mix with desired quantity peeled uncooked shrimp. Fill the vegetable shells and cover top with whole wheat breadcrumbs. Bake thirty minutes in a hot oven.

SCALLOPED EGGPLANT

Boil eggplant whole. Halve and remove pulp; season with one finely cut garlic clove; one finely cut white onion; one-half finely cut green pepper; one-third finely cut bunch parsley. Sauté the seasoning; add vegetable salt and spice. Mix with eggplant. When well blended, put in baking dish and bake in moderate oven.

VEGETABLE LOAF

1 clove garlic	Vegetable salt
1 cup cooked peas	Sweet food spice
1 cup cooked beans	Celery salt
1 cup cooked brown or wild rice	2 tablespoons melted butter
2 eggs, beaten	1½ cups tomato soup

Pass peas and beans through food chopper while hot. Add other ingredients except tomato sauce. Shape into loaf, adding more cooked rice if necessary. Season to taste. Bake

in moderate oven for forty-five minutes. Serve with hot tomato sauce.

VEGETABLES EN CASSEROLE

- | | |
|---|---|
| 1 cup fresh peas | 2 white onions |
| 1 cup stringbeans cut in small pieces | 1 large green pepper, shredded |
| 1 cup diced carrots | 3 tablespoons butter |
| 1 bunch celery cut in small pieces | 1 tablespoon whole wheat flour |
| 2 large tomatoes or 1 cup canned tomatoes | 3 mushrooms cut in small pieces |
| | 1 cup of the liquid in which vegetables were cooked |

Cook stringbeans, carrots, peas and celery separately. Sauté the finely-chopped onion in butter, blend in the whole wheat flour. Add the vegetable liquid and then tomatoes. Cook two or three minutes and add green pepper, vegetable salt and whole food spice to taste. Place cooked vegetables in casserole. Pour over the sauce and bake in moderate oven thirty minutes.

BUTTERED BEETS

Steam the beets in heavy utensil until tender; slice, salt and add a little butter. When tops are in good condition, cook them and serve as greens, this being the best part of the vegetable.

CABBAGE

Cabbage should never be cooked. (*See Salads for recipes*).

BROILED EGGPLANT

This must be served hot. To be sure, bring it to the table after the guests are seated. Cut eggplant in slices three-quarters of an inch thick. (Do not peel). Season with vege-

table salt, lemon juice and butter. Broil under flame on one side. When brown turn over, season other side.

BAKED ONIONS

Select medium-sized white onions, remove outer skin, place in pan with a little water. Sprinkle with some mild grated cheese, dot each with butter, and bake about forty minutes.

GREEN PEAS

Green peas when young are very easily digested. Remove pods, saving the more tender ones to be cooked with the peas for flavoring. Add as little water as possible. Season with vegetable salt. When done pick out the pods, add butter, heat until butter is melted and serve.

LEEK

Clean as you would an onion. Boil in small quantity of water until tender. Serve with drawn butter. Excellent for the kidneys.

VEGETABLE STEW

Take one bunch each of carrots, beets and onions, five tomatoes, two cups new potatoes, one cup Wesson Oil, teaspoon vegetable salt and one-half teaspoon celery seed. Cover vegetables with water and boil slowly until done.

CAULIFLOWER WITH CHEESE

Cook in heavy utensil until tender. Add grated sheep cheese

a few moments before serving. Brown whole wheat bread-crumbs in butter. Pour over when removing from the fire.

CAULIFLOWER AU GRATIN

1 cauliflower	2 egg yolks beaten
2 tablespoons grated cheese	Vegetable salt
2 tablespoons butter	

Make a sauce of the above ingredients and pour over the cauliflower that has been cooked for about thirty minutes in a heavy cooking vessel with very little water; sprinkle cheese over top and bake twenty minutes. Brown the top.

FRENCH CARROTS

Scrub but do not peel young carrots. Slice round. Place a tablespoon of butter in a frying pan, add one onion cut fine to the carrots. Let fry until slightly browned; add one-half cup water and vegetable salt. Cover and simmer until tender.

CARROTS AND TURNIPS

Dice five carrots, adding two tablespoons of water to start them steaming. Cook fifteen minutes, then add three diced young turnips, vegetable salt and cook until tender. Add butter size of a walnut and two-thirds cup of cream. Let come to a boil and serve. Delicious.

BUTTERED CAULIFLOWER

Cook in heavy utensil until tender. Serve with melted butter. (Do not cook too much or it will turn red).

CARROTS

Carrots are best uncooked, grated or shredded. Do not peel. To cook—slice and slightly salt with just a little water to start them steaming. Add one-half white onion finely cut, cover with well-fitting lid and cook until tender in heavy utensil. Add melted butter.

CELERY

When not served uncooked, may be prepared as follows: Cut into pieces one inch in length; cook in salted water. When tender add a little cream and melted butter. This is a good way to use the outside part of the stalk, the centers to be eaten raw.

ASPARAGUS WITH GREEN PEAS

1 pint fresh asparagus cut in ½ pint green peas
1-inch lengths

Cook each separately, when tender mix and add vegetable salt and brown sugar; one tablespoon butter, one-fourth cup cream. Let come to a good boil and serve.

STRING BEANS

Cook in as little water as possible. Add at once two tablespoons Wesson Oil; juice of one-half lemon; one-half teaspoon brown sugar; vegetable salt and spice to taste.

WAX BEANS

These may be cooked as the stringbeans, or cooked plainly with one-half teaspoon brown sugar, a little lemon juice. Cook until tender and add melted butter.

PART TWO

SALADS

PART TWO

SALADS

INSTEAD of making meat the main portion of the meal, we place more stress on salads. Have a salad with every dinner. A salad may be an accessory or may be a balanced meal in itself. Housewives can display great individuality in salads. Always have plates chilled and lettuce crisp. Attractiveness is very essential.

HONEYDEW MELON SALAD

Pare and remove seeds from melon and dice. Sprinkle diced melon lightly with a mixture made of one tablespoon sugar, one teaspoon salt and one-half teaspoon cinnamon. Chill the melon and when ready to serve, drain and serve on lettuce leaves with cream mayonnaise dressing.

TANGERINE SALAD

Peel, separate into sections and remove the seeds from six tangerines. Arrange the sections in circles on beds of lettuce leaves. Fill the centers with fresh currants, or if these are not available, with tiny seedless raisins or dried currants, which have been steamed. Cover with mayonnaise and serve with fish or chicken.

ADAM AND EVE SALAD

Wash three-quarters of a pound of figs, wipe dry and cut in small pieces; select four medium sized, tart apples, pare and cut in eighths; arrange the apples and figs upon lettuce and serve with mayonnaise.

WHOLE WHEAT CARROT SALAD

To equal parts scrubbed, grated carrots (skin and all) add equal parts whole grain wheat.

Add diced celery, add green peppers, raw apples (skin and all) a pinch of salt; mix with mayonnaise made with lemon and Wesson Oil. Set aside to chill. This is a raw vegetable and grain salad both tasty and healthful.

LEFT-OVER SALAD

Chopped cooked beets and cooked new peas with slices of green pepper on top. Desired dressing.

CHICKEN SALAD

3 large cucumbers	1 cup cucumbers cut in cubes
3 cups cooked chicken in cubes	1 teaspoon vegetable salt
1 cup celery cut in pieces	1 teaspoon chopped sour beets

Chill cucumbers and cut in halves, lengthwise. Scoop out pulp; place cucumber boats in ice water to make crisp. Cut the pulp in cubes. Marinate chicken, celery, cucumber. Add salt and chill thoroughly. When ready to serve, drain and mix with mayonnaise. Fill boat with mixture and place a curl of celery and two cooked asparagus tips for oars. Serve with mayonnaise.

COLD SLAW

To be sure cold slaw will not be bitter, remove the cabbage leaves, cutting out the heavy vein in each leaf. Roll tightly and cut finely with a very sharp knife. Mix with French dressing or mayonnaise as desired.

PRUNE SALAD

Select large prunes; remove seeds, cook without sugar. Fill one half with raw, grated carrots, the other half with cream cheese and nuts—place two of each for a person on lettuce leaves and mayonnaise.

PEAR SALAD

Place two half pears on lettuce leaves. Fill one with cream cheese and nuts, the other with mayonnaise; garnish with water-cress.

CUCUMBER AND RADISH

Slice thin the cucumber, but do not cut through; place between the spaces radishes sliced thin. Serve with desired dressing; garnish with water-cress. Do not peel cucumbers or radishes.

CARROT SALAD

Good with toasted cheese sandwich or cheese soufflé. Mix raw, grated carrot in mayonnaise until it turns a deep pink. Serve in a nice cupped lettuce leaf.

FROZEN FRUIT SALAD

Equal parts of apple diced, orange pulp, white or sweet red cherries, seeded, one cup blanched almonds, a little red pimento.

Mix with equal parts mayonnaise and cream. Freeze and serve on lettuce leaves with a little mayonnaise on top.

STUFFED TOMATO SALAD

Select small, even sized tomatoes; remove center, mix with equal parts of chopped green pepper, shredded cabbage, cooked fresh peas and mayonnaise. Season with garlic powder. Fill the tomato with the mixture. A bit of mayonnaise on top.

SHAMROCK SALAD

Remove pith from inside of peppers; pack tight with pimento cheese, chill. When ready to serve, slice and place on lettuce leaves with tomato and cucumber. Either French dressing or mayonnaise.

ENDIVE

French endive with Roquefort cheese dressing.

ARTICHOKE SALAD

Place artichoke snugly in a pan. Insert one clove garlic cut in small pieces among leaves, add one tablespoon of oil to each one.

Add water one inch deep and keep that depth so it will steam. Cover with lid. Cook three-quarters of an hour. Chill. French dressing.

AVOCADO PEAR SALAD

Peel one Avocado pear and cut into slices. On a crisp lettuce leaf place alternately slices of the pear and sections of skinned grapefruit. Serve with lemon and oil dressing.

CALIFORNIA AVOCADO SALAD

Avocado pear is rich in food value and should be more generally used on American tables. Cut in halves; peel and fill with French dressing, the cavity formed by removal of the huge seed.

CARROT AND COTTAGE CHEESE SALAD

Mix equal parts cottage cheese and shredded carrots; add a few nut meats; flavor with lemon juice. Serve on nest of lettuce with mayonnaise dressing.

CELERY AND CARROT SALAD

1½ stalks celery; grind through food chopper 6 carrots; grind through food chopper

Add three-quarter cup English walnuts; pass through grinder again. Serve on lettuce leaves. Marinate with mayonnaise, placing a little dressing on each serving.

CUCUMBER SALAD

Thinly slice a medium-sized unpeeled cucumber; add equal carrot slices and fresh diced pineapple. Mayonnaise or French dressing.

XMAS SALAD

3 cups raw ground cranberries 1 cup diced celery
1 cup brown sugar 1/3 cup black walnuts

Mold with vegetable gelatin. Serves twelve persons.

DELICIOUS SALAD

1/2 cup shredded cabbage 1/2 cup Avocado pear, sliced
1/4 cucumber sliced, unpeeled very thin
3 slices fresh pineapple, diced 1 handful nut kernels
1/2 cup California cherries,
seeded

French dressing.

PECAN AND CHEESE SALAD

1 cup pecan meats 1 cup cottage cheese

Mix and moisten with lemon juice. Add one-quarter cup cream, one-half cup mayonnaise well blended. Mix all thoroughly and serve on lettuce leaves.

ROSE SALAD

Hollow head of red cabbage (retaining the part removed for slaw another time); curl outer leaves outward with a fork to resemble a rose. Set on top of ice so it will be very crisp. When ready to serve, fill center with equal parts white cabbage and celery, to which chopped parsley, chopped green pepper, and a little pimento is added. Serve with desired dressing.

GRAPE AND APPLE SALAD

Seeded Tokay grapes, diced apple and nuts on crisp lettuce leaves; mayonnaise or French dressing.

ORANGE AND PINEAPPLE SALAD

4 slices pineapple

$\frac{1}{2}$ cup celery

$\frac{1}{2}$ cup chopped black walnuts

2 oranges in sections with membranes removed

Place one slice pineapple on lettuce leaves for each person to be served; cut tender celery in one and one-half inch strips; mix with the nut meats. Pile in center of pineapple and garnish with four sections of orange. Add dressing at the table.

SUMMER SALAD

Nest of crisp lettuce leaves covered with shredded white cabbage; then about one-half cup shredded carrots. Make a depression in the carrots and add a portion chopped green pepper and parsley. Use cake icing-tube full of cottage cheese and force through, making rosettes; placing three or four on the lettuce. French dressing.

DATE AND ALMOND SALAD

Stone one-half pound dates; cut into strips lengthwise. Add one-half cup blanched almonds, cut into strips lengthwise. Marinate with lemon juice and chill. Serve with mayonnaise.

NUT AND PRUNE SALAD

Cook prunes unsweetened. Remove stones. Cut into eighths lengthwise. Arrange on lettuce leaves with mound of cream dressing in center. Sprinkle with chopped nuts.

TOMATO AND PEA SALAD

Scoop the center out of tomatoes, fill with cold cooked peas and English walnuts marinated with French dressing. Serve on lettuce.

PRUNE AND ORANGE SALAD

Drain cooked prunes thoroughly and stuff with blanched almonds; roll in brown sugar. Arrange three prunes on lettuce-covered salad plate, alternating with orange segments.

LOS ANGELES SALAD

1 Avocado pear
1 grapefruit
3 oranges

Juice of 2 lemons
3 tablespoons brown sugar

Peel and slice Avocado and moisten with lemon juice. Peel grapefruit and oranges and remove pulp from membrane. Arrange the three fruits on salad plates covered with head lettuce and serve with lemon juice and sugar.

CELERY, APPLE AND ORANGE SALAD

Peel oranges, removing all white skin. Cut into quarter-inch slices and cut each slice into halves. Dice celery and

apple and mix with mayonnaise. Arrange a circle of half slices of oranges on a lettuce-covered salad plate; fill center with apple and celery mixture. Garnish with celery tips.

PINEAPPLE AND ORANGE SALAD

Peel oranges and remove all white skin; cut into quarter-inch slices. Arrange slices on lettuce-covered salad plate. Place on slice of pineapple in center. Top with mayonnaise and garnish with cherries cut into fourths.

CABBAGE AND ORANGE SALAD

Peel oranges, removing all white skin. Cut into quarter-inch slices and then into segments. Cover salad plates with finely shredded cabbage. Sprinkle with orange segments. Serve with French dressing.

CHEESE AND ORANGE SALAD

Peel oranges and divide into sections, rejecting all white inner skin. Arrange on salad plates covered with lettuce. Garnish with balls of cream cheese rolled in grated rind, or finely cut pecans.

APPLE AND ORANGE SALAD

Peel and slice oranges, rejecting all white membrane. Cut wedge-shaped slices from red apples without paring. Arrange a circle of orange segments on a lettuce-covered salad plate and fill center with grapefruit segments.

DATE AND ORANGE SALAD

Peel oranges and remove all white membrane. Cut into quarter-inch slices and cut each slice into halves. Arrange on lettuce-covered salad plate and serve each portion with three dates stuffed with walnuts.

PINEAPPLE AND CARROT SALAD

3 medium-sized grated carrots 1 cup crushed pineapple
 $\frac{1}{2}$ cup pecans

Mold with vegetable gelatin. Serves six.

PINEAPPLE AND CHEESE SALAD

Place rings of canned pineapple on lettuce leaves; roll cream cheese and chopped nuts into balls the size of marbles. Place one or two on each serving. Serve with French dressing to which a portion of pineapple juice has been added.

RADIANCE SALAD

1 small pineapple, preferably 2 cups shredded red or white
fresh-cut into small pieces cabbage
1 pound Tokay grapes, seeded $\frac{1}{2}$ cup chopped pecans or black
or black cherries walnuts

Mix with French dressing made of oil, lemon, spice and salt and a little brown sugar or honey. Place on nest of lettuce leaves. A few slices of Avocado pear over top is a nice addition, but not absolutely necessary. This will serve six persons.

CHERRY AND CHEESE SALAD

Stone large black cherries, allowing six or eight to each serving. Form into tiny balls one small Philadelphia cream cheese, one-quarter cup thin cream, one-half cup finely-chopped walnuts, one-third teaspoon vegetable salt.

Insert them in cherries. Serve with mayonnaise on nest of lettuce leaves.

CABBAGE AND CELERY SLAW

Three cups crisp cabbage, shredded, one and one-half cups diced celery which has been in very cold water; drain thoroughly and add two minced pimientos, one teaspoon minced parsley, one-quarter teaspoon vegetable salt, mix well, serve with uncooked sour cream dressing made of three-quarters cup thick sour cream, one-half teaspoon vegetable salt, two tablespoons lemon juice. Mix in order given; serve immediately.

SNOW SALAD

2 cups chopped cabbage	$\frac{1}{2}$ cup almonds (blanched)
1 cup white grapes (seeded and halved)	1 cup cocoanut (shredded)
	4 tablespoons French dressing

Mix ingredients with dressing. Serve on lettuce.

CARROT AND APPLE SALAD

1 cup grated carrots	$\frac{1}{2}$ cup diced celery
$\frac{1}{2}$ cup diced apples	$\frac{1}{2}$ cup chopped nuts

Mix with mayonnaise and serve on lettuce.

STUFFED DATE SALAD

Allow four large dates for each portion. Make a slit in the sides, removing the seeds and fill with a paste made of cream cheese, a bit of cream, season with a little sugar, salt, a half teaspoon of cinnamon. Serve in cupped lettuce leaves. Mask with white mayonnaise, thick and rich, and garnish with small stalks of celery stuffed with the same cheese filling with which the dates are stuffed.

CREAM CHEESE SALAD

Mix thoroughly one pound of cheese, one and one-half tablespoons of cream, one tablespoon of chopped parsley and salt to taste. First, fill a rectangular tin mold with cold water to chill and wet the surface; line the bottom with waxed paper, then pack in three layers of the cheese, putting two or three parallel strips of pimento, fresh or canned, between each layer.

SWEET TOOTH SALAD

Select choice prunes, allowing six to each serving. Simmer slowly until seeds can be removed readily. Fill the centers with chopped apples marinated with strained lemon juice, chopped seeded dates, celery and nuts. Close the prunes and chill. Serve on lettuce with mayonnaise dressing.

WILTED LETTUCE SALAD

Proceed as for dandelion salad, using young home-grown lettuce or chicory instead of the dandelion greens.

DUTCH DANDELION SALAD

Chop sufficient fresh dandelion to make three tightly packed cupfuls. Heat three tablespoons olive oil, add one and one-half tablespoons whole wheat flour, two-thirds cup strained lemon juice. When thickened add one white onion finely chopped and the chopped dandelion. Two chopped hard-boiled eggs may be added if desired. Serve hot. No garnishing necessary.

STRIP SALAD

Cut four apples into match shaped pieces one inch long. One-half quantity of hearts of celery, same shape. One cupful blanched almonds also cut in strips. Toss together lightly. Serve on nest of water-cress, romaine or plain lettuce. Marinate with lemon French dressing, garnish with mayonnaise.

BERMUDA SALAD

On crispy white lettuce place one thinly-cut slice Spanish onion. On this a slice of fresh pineapple. Serve with mayonnaise.

FROZEN SALAD

Blend two tablespoons cream cheese with one-quarter cup stiff mayonnaise. Fold into this one-half cupful whipped cream. Then add three-quarters cup white grapes seeded, three-quarters cup canned pineapple cut in pieces, few pieces of sweet red pimento.

Pour into a pound baking powder tin and pack in ice and salt two hours. Turn out, slice and serve on nest of shredded lettuce.

Mix with mayonnaise. Place on lettuce leaves, garnish with ripe olives.

OKRA SALAD

Use little button ends of fresh okras, wash and cook them twenty minutes, with a clove of shaved garlic. Serve with French dressing.

GREEN SALAD

1 cup seeded and halved Tokay grapes	1/3 cup English walnuts cut in large pieces
1 cup diced fresh pineapple	1/3 cup Neufchatel cheese cut in squares, marinate with mayonnaise
1 medium-size apple chopped	

Serve on lettuce plates. Egg yolk salad dressing is very desirable.

CHERRY SALAD

Remove seeds from large cherries, fill centers with chopped English walnuts, moisten with a little lemon juice. Serve about six to each person. Any cream dressing or mayonnaise. Garnish with strips of pimento.

SPRING SALAD

Mix in a cold bowl rubbed with a clove of crushed garlic, two unpeeled cucumbers sliced very thin, one cup peeled and diced cooked young beets, one cup uncooked shredded carrots, two cups diced raw celery, one-half cup sliced red radishes.

Marinate with lemon French dressing. Mix well. Mound on plates on shredded lettuce. Sprinkle with finely-chopped chives and parsley.

PINEAPPLE AND CELERY SALAD

Cut crisp white celery in match size pieces. Mix in cold bowl with two cups shredded fresh pineapple. Two chopped sweet green peppers. Mix well, add cup of mayonnaise mixed with one cup of whipped cream. Serve on lettuce leaves.

CHEESE AND PEAR SALAD

Dice 4 ripe Bartlett pears and $\frac{1}{2}$ cup diced celery
mix with $\frac{3}{4}$ cup dry cottage cheese 1 chopped green pepper
 $\frac{1}{2}$ cup broken walnut meats

Marinate with one-half cup lemon French dressing. Place on lettuce leaves, cover with mayonnaise. Garnish with sections of oranges.

ORANGE AND ALMOND SALAD

Peel six firm oranges, being careful to remove all white skin and cut in even size dice. Place in chilled bowl, mix with one cup blanched toasted almonds coarsely chopped, two cups water-cress leaves. Marinate with one-half cup lemon French dressing. Serve on lettuce leaves.

FRUIT SALAD

Mix 1 cup peeled and sliced oranges $\frac{1}{2}$ cup stoned chopped dates
1 cup peeled and diced grape-fruit $\frac{1}{2}$ cup chopped walnuts

Serve on cold lettuce leaves with cream salad dressing, made from mayonnaise and whipped cream, half and half.

SUPREME MELON SALAD

Scoop round balls from ripe casaba and watermelon. Mix and arrange on lettuce leaves with cubes of fresh pineapple—garnish with mayonnaise to which has been added whipped cream tinted with pink fruit coloring.

SHRIMP SALAD

Boil fresh shrimp sufficient to make one and one-half cups when peeled and cleaned. Break into pieces and combine with two cups finely-shredded cabbage. Mix with one cup of French dressing and let stand for thirty minutes. Chill and moisten with mayonnaise. Garnish with finely-shredded sweet green peppers and lemon, slice thin.

SAN FRANCISCO SALAD

1/3 cup sliced ripe olives
1 chopped hard boiled egg

1/3 cup broken black walnut
meats
1 minced pimento

Combine the above ingredients and blend with mayonnaise; hollow out the centers of ripe tomatoes and fill with the olive mixture. Season with vegetable salt. Arrange on individual salad plates, garnish with lettuce and extra mayonnaise. Chill and serve.

ONE-TWO-THREE SALAD

1 apple diced
2 pears diced

3 peaches diced

Mix with mayonnaise and serve on lettuce.

LIMA BEAN SALAD

This is a very piquant salad with lima beans. To one pint of lima beans, heated, drained and chilled, add one cup of finely-diced celery; toss lightly together. On a few lettuce leaves lay a thin slice of Bermuda onion; on this place some of the lima bean mixture, top with a few slices of stuffed olives and cover with lemon French dressing.

BEET SALAD

A good iron salad is made by cooking fresh, young beets. Drain and thoroughly chill them. Scoop out the centers and fill with shredded orange in which has been mixed a very little bit of minced Bermuda onion. Serve on lettuce with mayonnaise dressing.

WATER-CRESS SALAD

Wash and pick over cress carefully. Arrange walnut meats on cress and serve with lemon French dressing.

STUFFED PEAR SALAD

8 halves fresh, very ripe Bart-	$\frac{1}{4}$ cup finely-chopped celery
lett pears	$\frac{1}{4}$ cup broken nut meats
$\frac{1}{2}$ cup white cream cheese	$\frac{1}{8}$ teaspoon vegetable salt
2 tablespoons candied ginger	1 teaspoon mayonnaise

Chill the pears. Mix the rest of the ingredients with a fork and shape into eight balls. Chill. When ready to serve, place the balls in the cavities of the pears and serve in cups of crisp lettuce leaves. Surround with small portions of mayonnaise and serve at once.

REDUCING SALAD

Mix $\frac{1}{2}$ cup new cabbage	$\frac{1}{2}$ cup center leaves of spinach
$\frac{1}{2}$ cup shredded carrots	1 tablespoon minced onion

Moisten with lemon French dressing. Serve on lettuce.

CARROT AND APPLE SALAD

2 cups shredded carrots	Juice of 1 lemon
1 grated apple	Tablespoon minced onion

Mix grated carrot, apple, lemon juice and minced onion. Moisten with lemon French dressing and serve on lettuce leaves.

SPRING SALAD

Cut in pieces not too fine one-half medium-sized unpeeled cucumber and two ripe tomatoes, one cup diced celery, six radishes (sliced), one-half head lettuce (shredded), three spring onions sliced, vegetable salt to taste.

Mix in a large salad bowl that has been rubbed with bruised clove of garlic. Marinate with lemon French dressing. No lettuce leaves are needed to form a foundation.

PART THREE

SOUPS

PART THREE

SOUPS

DR. HAUSER'S POTASSIUM BROTH

THE best of all soups is this clear alkaline broth made of Nature's best.

Cut up fine five carrots, one small stalk celery, handful of spinach and a little parsley.

Cook these slowly in two quarts of water not longer than twenty-five to thirty minutes.

These are the "stock" for the broth. In order to make the broth more tasty, a little onion may be added, or a few fresh or canned tomatoes and some okra if desired. Season with vegetable salt, remembering to cook only twenty-five to thirty minutes otherwise the vegetables lose their life principle, and it is no longer *living* broth. Make your combinations with this broth, using carrots, celery, spinach and parsley as the base, adding to these, onions, green pepper, tomatoes, asparagus, okra or any green leafy vegetable (no cabbage).

Serve croutons instead of crackers. Cut whole wheat bread, or rye bread one-quarter inch thick. Cut in cubes or round. Melt butter in a frying pan; brown them lightly and fry until slightly crisp. Drain on brown paper.

ASPARAGUS SOUP

One pound asparagus; place in one pint salt water; boil until soft, squeeze through sieve. Put into a vessel, heat, add cream, a little butter and serve.

BARLEY SOUP

Cover one cup barley with two quarts water. Add two medium-sized onions, one green pepper, a bit of celery seed. Cook until barley is done. Brown two tablespoons whole wheat flour in one tablespoon butter and add before serving. Very healing to the stomach.

BEAN SOUP

2 cups beans
1 white onion
1 green pepper
1 clove garlic

6 tablespoons Wesson Oil
1 tablespoon vegetable salt
Spice and juice of one lemon

Fill vessel with a lot of water; cook slowly two to four hours.

CELERY SOUP

Two stalks celery cleaned and cut fine to one and one-half quarts water. Salt and boil one hour. Add one-half pint certified milk, one-half pint cream, one tablespoon butter, vegetable salt.

CHICKEN GUMBO

Put into the liquor in which the chicken has been cooked two cups okra cut in small rounds, one can tomatoes, one-

half cup celery, one-half cup brown rice, two teaspoons salt, one clove garlic, one large onion.

Cook slowly until rice is done.

CREAM OF SPINACH SOUP

Use water in which spinach has been cooked, boiled down to one-third quantity of soup desired. Add a little tomato, chopped parsley, one-half clove garlic finely cut, salt, a white onion chopped fine and a few leaves of chopped spinach. Add twice as much milk as you have liquid, bring to boil and serve promptly.

Onion, cauliflower or celery soup can be made in the same way.

CREAM TOMATO SOUP

Sauté one-half onion in butter; add one can tomato soup, rinse can with one-half can of water. Add one pint milk and heat to boiling point. Do not allow it to boil, or it will curdle.

FRESH PEA SOUP

1 quart shelled peas
6 pints water
1 quart milk
1 onion

2 tablespoons butter
1 tablespoon whole wheat flour
2 level teaspoons vegetable salt

Cook peas and onion until done. Drain; do not thin the liquid. Force peas through ricer, add the liquid, flour and butter and vegetable salt. Pour in the hot milk and cook ten minutes, stirring continuously.

LENTIL AND RICE SOUP

Boil three-quarter cup lentils until tender in two quarts water. Add one-half hour before serving, two onions chopped fine, one grated carrot, one-third bunch minced parsley, one-half green pepper cut fine.

MUSHROOM SOUP

1/3 pound mushrooms	1 green pepper
3/4 bunch parsley	1 large onion, salt and spice

Grind through food chopper with small knife. Fry in a little butter; add one quart certified milk and let come to a boil.

OKRA SOUP

1 cup cooked okra	1 teaspoon brown sugar
2 cups stewed tomatoes	1 teaspoon grated onion
1 cup water	1 tablespoon whole wheat flour
2/3 cup cream	Vegetable salt to taste

Heat the tomatoes in water; add the okra. Force through ricer and add the onion, sugar and flour, moistened with a little cold water. Add heated cream before serving.

ONION SOUP

4 medium-sized white onions	3 tablespoons butter
3 tablespoons whole wheat flour	2 cups milk
1 cup water	1 teaspoon vegetable salt

Slice and place onions in buttered pan. Moisten with water and put into the oven in covered pan. When done, brown

under the flame. Force through ricer; add water and the browned flour, butter and the heated milk, rubbed together until smooth. Cook ten minutes in double boiler. Pour over the cooked onions. Reheat. Serve very hot.

OYSTER SOUP

Brown one-half clove garlic cut fine, one white onion cut fine, one-half green pepper cut fine, one-third bunch parsley cut fine, in two tablespoons butter; add two tablespoons whole wheat flour. Pour in this one quart certified milk; when it comes to boiling point add the oysters. Leave on the flame until heated, but do not allow to boil again, as it will curdle.

OYSTER AND OKRA SOUP

- | | |
|----------------------|----------------------------|
| 1 pint okra | 1 dozen oysters |
| 1 can tomatoes | 3 tablespoons brown rice |
| 2 white onions | 2 teaspoons vegetable salt |
| 2 tablespoons butter | |

Cut onions fine, sear in butter. Stew onions, tomatoes and rice together in three quarts water and one pint oyster liquid for three hours, stirring often. Ten minutes before serving, add cooked okra and let come to a boil. Drop in oysters. Serve quickly when they reach boiling point.

PART FOUR
MEAT SUBSTITUTES

PART FOUR

MEAT SUBSTITUTES

WITHIN the last few years people have become convinced that by curtailing their consumption of meat they will enjoy better health. Vegetarians are increasing in numbers, and now you can obtain a vegetable meal in almost every restaurant. However, "to just cut out meat" and not substitute some vegetable protein for it, is even worse than eating meat. The following meatless meals have been especially prepared for our vegetarian friends, who now wish to rebuild their bodies.

Very frequently we hear the housewife exclaim, "What shall we serve in place of meat?" It has been discovered that we really need one building meal a day. Nature has given us many vegetable foods which are wonderful builders, and do not have the acids within them that are found in animal proteins.

The richest building foods we have are egg, nuts, cheese, mushrooms, and legumes, such as navy beans, lima beans, kidney beans, and lentils.

The housewife whose one ambition is a healthy, happy family must have at least one building meal a day. The following are splendid building foods, but it should be remembered that these so-called hard digesting foods must always be combined with fruits and vegetables. Instead of serving plain water, lemonade should be served. This

aids in digesting these foods, and also helps to remove any waste they may contain.

Eggs and nuts are splendid substitutes for meat. (*See recipes given under those headings.*)

ASPARAGUS LOAF

4 cups asparagus cut into 1-inch pieces	2 cups hot milk
	2 beaten eggs
Add 1 cup whole wheat fine cracker crumbs	4 tablespoons butter
	2 teaspoons vegetable salt
$\frac{1}{2}$ cup grated sheep cheese	1 minced white onion

Bake in bread tin in moderate oven. Serve with drawn butter, parsley or any desired sauce.

BEAN CROQUETTES

2 cups Hauser baked beans	$\frac{1}{2}$ cup tomato soup
2 cups ground whole wheat breadcrumbs	1 teaspoon vegetable salt
	$\frac{1}{4}$ teaspoon spice
2 tablespoons butter	1 white onion, minced fine

Form into croquettes. Bake in a hot oven until brown. Add more of the breadcrumbs, if too soft to mold into correct shape.

HAUSER BEANS

All legumes such as navy beans, lima beans, kidney beans, lentils, etc., contain much building material and should always be cooked in the new way.

Never parboil. Cover the beans with hot water. Add to this, one tablespoon Wesson Oil for every person to be served; vegetable salt; a pinch of brown sugar, honey or molasses, and a little lemon juice. Cook slowly. You

will find these beans most delicious, and will not want to prepare them in any other way. This dish is very good for youngsters in the growing stage.

BEAN PATTIES

Two cups dry navy bean purée; made by pressing Hauser baked beans through colander. Stir into this one beaten egg; one chopped white onion; one-half cup chopped parsley, one-half green pepper, cut fine; one cup tomato pulp; four tablespoons butter, one teaspoon vegetable salt; one cup whole wheat breadcrumbs; three pints water.

Shape into round cakes; place in oiled pan. Bake quickly. Brush the tops with milk several times while baking. Serve with sauce.

LIMA BEAN ROAST

Cook à la Hauser one cup dry lima beans until all the water is absorbed, but not long enough for the beans to mash or lose their shape. Melt two and one-half tablespoons butter. Stir into it two and one-half cups whole wheat breadcrumbs without crusts; two tablespoons ground parsley; one white onion, ground; one teaspoon vegetable salt; spice to taste.

Beat three eggs and add to the cooked beans. Fold in the above mixture, form into a loaf. Place in oiled pan. Bake until brown.

BEAN WHIP

Press one pint Hauser baked beans through a colander, add juice of one lemon; four beaten egg yolks; one-half teaspoon celery salt; one teaspoon vegetable salt.

Beat the egg white until stiff and fold into the mixture of bean pulp, eggs and seasoning. Bake in one large baking dish or in individual custard cups. Place the baker in pan of hot water; bake in moderate oven about one-half hour. Serve quickly.

WELSH RAREBIT

2 level teaspoons whole wheat flour	$\frac{1}{2}$ cup milk
2 teaspoons drawn butter	$\frac{1}{4}$ pound soft yellow cheese
	1 teaspoon vegetable salt

Cook flour and butter until blended; add milk and cook five minutes, stirring constantly. Add seasonings. Blend, add cheese in small pieces. Beat with fork or egg beater until well melted. Serve on thin rye toast.

CELERY STUFFED WITH CHEESE

3 stalks celery	1 tablespoon rich cream
$\frac{1}{4}$ teaspoon sweet food spice	1 teaspoon vegetable salt
1 teaspoon garlic powder	$\frac{1}{4}$ pound soft yellow cheese

Stand separated celery in ice water. Mash cheese and blend with cream and seasoning. Cut uniformly and dry the celery and fill with the mixture.

MACARONI AND CHEESE

One package whole wheat macaroni dropped gradually in two quarts of water, salted with vegetable salt; break macaroni in one-inch lengths. Boil until tender, drain through colander. Place layer of macaroni on bottom of baking dish, cover with grated cheese, a bit of garlic powder; a

few tablespoons tomato soup. Repeat until dish is filled. Cook twenty minutes in moderate oven.

CHIPPED BEEF AND CHEESE

Pick beef into small pieces. Cover with warm water, let stand twelve minutes. Melt one tablespoon butter. Blend with one tablespoon whole wheat flour, add one-half cup cream, diluted with one-half cup water; one-quarter pound cheddar cheese broken in small pieces.

When smooth, add the chipped beef and remove from the fire. Serve immediately.

CHEESE SOUFFLÉ

Cover bottom of baking dish with diced whole wheat or rye bread. Add layer of cheddar cheese; vegetable salt. Repeat this order until dish is filled. Break five eggs, beat yolks and whites separately; add one quart milk, pour over dry ingredients and bake forty minutes in a hot oven.

MACARONI RAVIOLI

½ package whole wheat macaroni	2 stalks of celery
½ package Parmesan cheese	1 onion
2 tablespoons butter	1 carrot
12 chicken livers (parboiled)	½ green pepper
	Vegetable salt

Chop livers and vegetables fine. Cook in the butter. Cook macaroni; add salt and drain. Put layer on macaroni, then vegetables and cheese; continue this until baking dish is full; finish with cheese. Put in oven. Cook fifteen minutes. Brown and serve.

VEGETARIAN CHOPS

Boil separately one-quarter pound brown rice; one-quarter pound lentils until tender; then drain. Add one large white onion, chopped fine; two cloves garlic, chopped fine; two tablespoons parsley, chopped fine; juice of one-half lemon.

Blend with one well-beaten egg, add seasoning, vegetable salt, egg and crumbs. Fry until golden brown. Serve with tomato sauce.

MUSHROOM EN CASSEROLE

Cut round, enough stale dark rye bread to cover bottom of casserole; toast and butter. Place in bottom of the baking dish; pour on as much rich cream as the toast will absorb. Cover with layer of fresh mushrooms, tops downward. Season with vegetable salt and garlic powder; add sufficient cream to moisten mushrooms a little; a little butter on each; cover; set in pan of warm water, not deep enough to reach edge of baking dish. Invert another pan over this. Leave in a hot oven forty-five minutes. Do not uncover until ready to serve to prevent falling.

MUSHROOM CUTLETS

2 pounds fresh mushrooms
 passed through the grinder
2 well-beaten eggs

4 ounces grated breadcrumbs
Vegetable salt
Garlic powder

Stir until smooth. Mold into small flat cutlets. Fry in butter and Snowdrift or Wesson Oil.

RICE AND CHEESE CUTLETS

Boil rapidly one-quarter pound brown rice until half done and drain well, salting with vegetable salt before removing from the fire. Add two ounces ground nuts; two table-spoons grated sheep cheese; one-half cup dry whole wheat breadcrumbs; one tablespoon chopped parsley; one-quarter cup tomato soup.

Season with vegetable salt. Mix and cool. Form into cutlets; dip each into beaten egg white; roll in whole wheat crumbs. Fry in hot vegetable oil.

ITALIAN MUSHROOM PIE

Steam one and one-half cups wild rice until done. Cool and break into it six eggs unbeaten; five teaspoons grated sheep cheese and mix by hand. Line large baking dish with the above mixture about three-quarter inch thick, reserving a sufficient quantity to cover the top, after the pie is filled. Fill with one large clove garlic, finely cut, browned in about four tablespoons Wesson Oil. Then add one can tomato pulp. Cook this slowly one and one-half hours; then put in one pound diced fresh mushrooms.

Put one layer of the filling in the rice-lined baking dish. Sprinkle with grated sheep cheese. Repeat alternately until pie is filled. Cover with remaining rice; sprinkle the top slightly with grated cheese and bake thirty minutes in a moderate oven. Brown the top under the flame.

ROYAL MUSHROOMS

Select one dozen fresh mushrooms about two inches in diameter. Remove stalks, scrape out spongy part; chop

both with one-half onion (white); add one tablespoon chopped parsley and a little thyme. Fry in tablespoon butter. Add dried whole wheat breadcrumbs rolled fine to make a moist mixture; season with salt, spice, garlic powder and juice of one-half lemon. Fill up each mushroom with the mixture and put a few dried breadcrumbs over each. Place in an oiled pan, tops downward and bake in a slow oven until tender. Garnish each with chopped parsley and a little lemon.

STEAMED MUSHROOMS

Wash one pound mushrooms, but do not peel; remove stems, but do not discard them. Put the mushrooms in upper part of double boiler; salt and add two large tablespoons butter. Steam fifteen minutes. Serve with steamed wild rice.

CHEESE RICE ROLL

2 cups cottage cheese	1 tablespoon cream
½ cup chopped nuts	2 tablespoons lemon juice
2 cups cooked brown rice	¼ cup buttered whole wheat
1 egg	crumbs
1 teaspoon vegetable salt	2 cups hot tomato sauce
Sweet food spice to taste	

Mix first eight ingredients using just enough liquid to moisten so it will hold together. If cheese is very moist you may not need any. Shape in a roll and roll in breadcrumbs. Bake in moderate oven twenty or twenty-five minutes. This needs a sauce; hot tomato sauce is good.

STUFFED PEPPERS

Remove stem end from even-sized sweet green peppers, taking out the veins. Melt one and one-half tablespoons

butter, and add two-thirds cup ground rye breadcrumbs; one cup milk; one-half cup desired chopped nuts (walnuts or pecans are good) one-half green pepper finely cut; one-quarter cup chopped celery; one white onion chopped or grated; vegetable salt and sweet food spice to taste.

Heat and stir until well blended. Fill the peppers with mixture and cover with breadcrumbs. Fit snugly in a pan with about an inch or an inch and a half of water and bake until done. Serve with sauce or without. (*See Sauces and Dressings.*)

CELERY AND NUT LOAF

1 tablespoon vegetable salt	1¼ cups dry breadcrumbs
2 tablespoons minced onion	1½ cups tomato soup
2 tablespoons butter	¾ cup ground nuts
1 tablespoon grated cheese	1 cup celery, ground
2 eggs	

Mix all ingredients and add to the tomato soup. Mix well, then add stiffly-beaten eggs. Bake in greased pan forty-five minutes. Serve with any good sauce.

PEA ROAST

¾ cup dried and ground whole wheat breadcrumbs	¼ cup English walnut meats finely chopped
1 white onion chopped	1 egg
½ cup pea pulp (made from baked dried peas)	¼ cup butter
1 tablespoon brown sugar	¾ cup milk
	Vegetable salt

Mix breadcrumbs, pea pulp, sugar, nut meats, egg slightly beaten, seasonings and milk. Turn into small bread pan lined with paraffine paper and let stand fifteen minutes. Cover and bake forty minutes. Remove to hot serving dish, garnish with parsley.

RICE WALNUT LOAF

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|--|------------------------|
| 1 cup chopped walnut meats | $\frac{3}{4}$ cup milk |
| 1 cup whole wheat breadcrumbs | Vegetable salt |
| $1\frac{1}{2}$ cups brown rice, cooked | Spice to taste |
| 1 egg | |

To beaten egg, add other ingredients. Mix well and put in buttered baking dish. Bake thirty minutes. Serve with tomato sauce.

CORN AND CHEESE SOUFFLE

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|-------------------------------------|------------------------------|
| 1 tablespoon butter | 1 cup chopped green corn |
| 2 tablespoons ground green pepper | 1 cup grated American cheese |
| $\frac{1}{4}$ cup whole wheat flour | 3 eggs |
| 2 cups single cream | 1 teaspoon vegetable salt |

Melt the butter and cook the green pepper thoroughly in it. Make a sauce out of the flour, cream and cheese (*See Cheese Sauce in Sauces and Salad Dressings*). Add the corn, grated cheese, yolks and seasoning. Cut and fold in the whites beaten stiffly. Turn into a buttered baking dish and bake in a moderate oven for thirty minutes. Delicious and has great food value.

MEATLESS MEAT LOAF

- | | |
|--------------------------------------|------------------------------|
| 2 cups cooked red beans | 1 bell pepper finely chopped |
| 2 cups whole wheat bread-crumbs | 1 egg |
| 1 cup finely chopped English walnuts | 2 tablespoons melted butter |

Season to taste. Mix ingredients thoroughly. Shape into loaf and bake thirty minutes in moderate oven. Serve with tomato sauce.

STUFFED CELERY

Select tender center stalks of celery and place any soft cheese in each stalk, filling and leveling it down with a knife. When all the stalks are stuffed, sprinkle a bit of paprika carefully on the cheese and full length of stalk. Place the celery in the refrigerator and chill before serving. Roquefort, Pimento, Neufchatel are good cheeses for this purpose.

CAULIFLOWER WITH MUSHROOMS

1 head cauliflower (cooked in salted water)	3 tablespoons flour (whole wheat)
$\frac{3}{4}$ lb. fresh mushrooms	$1\frac{1}{2}$ cups cream
3 tablespoons butter	$\frac{1}{2}$ cup grated cheese

Chop and sauté the mushrooms in butter for five minutes. Blend with the flour. Add the cream and stir until of a smooth consistency. Add cheese and stir until dissolved. Season well and pour over the cauliflower. Sprinkle whole wheat breadcrumbs over the top and brown quickly in a hot oven.

MUSHROOM-EGG-DELIGHT

4 eggs boiled 20 minutes (the only way hard-boiled eggs can be digested)	2 tablespoons butter
$\frac{1}{2}$ lb. fresh mushrooms	$\frac{1}{2}$ cup ripe olives cut from the pits
	2 cups cream

Sauté mushrooms in the butter for ten minutes. Butter a glass casserole generously; put a layer of cream in the bottom. Cover this with toasted whole wheat breadcrumbs

and in turn fill the dish with layers of sliced egg, cream, mushrooms, olives and crumbs, finishing with crumbs. Lay strips of red pimento across the dish and set it in the oven to heat through. Brown and serve.

NUT ROLLS

$\frac{1}{2}$ lb. English walnuts, mixed	$\frac{1}{2}$ cup freshly-grated cocoanut
with 2 cups soft whole wheat	Vegetable salt
breadcrumbs	1 well-beaten egg
4 tablespoons almond butter	

Form into round balls and bake in hot oven twenty minutes.

MUSHROOM EN CASSEROLE

(2.) Arrange in buttered casserole alternately uncooked, fresh mushrooms, bits of butter, seasonings of vegetable salt, sweet food spice, sweet cream and fine buttered whole wheat or rye breadcrumbs. Let the top layer be the buttered breadcrumbs. Pour in a little more cream, cover and bake for forty-five minutes. Uncover, brown slightly and serve from the dish.

PINE NUT STEAK

$1\frac{1}{2}$ cups shredded carrots	2 eggs
$\frac{1}{2}$ pint stale whole wheat bread-	1 teaspoon sage, celery seed to
crumbs rolled fine	taste
$\frac{1}{2}$ pint pine nuts	Vegetable salt

Grind the nuts. Mix with breadcrumbs. Add seasoning and beaten egg. Make into small cakes; bake on oiled paper twenty minutes. Serve with parsley.

VEGETABLE HASH

Two ounces dry peas or lentils, two ounces brown rice. Cook together until tender. Then add one white onion chopped fine, one tablespoon tomato sauce, two tablespoons butter, vegetable salt.

Stew until well cooked. Very nourishing. Serve with parsley garnish.

SPANISH BEANS

Cook one quart red beans in one quart water for one hour. Add one quart cooked fresh tomatoes finely minced, four finely cut white onions, two or three green peppers cut lengthwise after removing seeds, one-half cup olive or Wesson Oil.

An hour before serving add one-half cupful well washed brown rice. Season with vegetable salt. Remove peppers as soon as they are done.

BAKED CORN AND BEANS

Prepare Hauser beans in usual way. Before serving add three cups fresh sweet corn which has been cut from the cob. Bake about ten minutes in a hot oven.

TOMATO STUFFED WITH RIPE OLIVES

Scoop out tomatoes from stem. Fry two white onions chopped fine in butter. Add the tomato pulp and one cup ripe olives from which the seeds have been removed, two heaping tablespoons whole wheat breadcrumbs, three tablespoons ground pecans, vegetable salt.

Put mixture into the tomato cavities and bake.

BLACK WALNUT ROAST

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|--|-----------------------------|
| 2 eggs | $\frac{1}{2}$ cup cream |
| $1\frac{1}{2}$ cups milk | 1 tablespoon grated onion |
| $1\frac{1}{2}$ cups toasted whole wheat
breadcrumbs | 1 clove garlic, minced fine |
| 1 cup ground black walnuts | 1 teaspoon vegetable salt |

Beat eggs; add milk, cream and breadcrumbs. Let stand twenty minutes. Add other ingredients. Put in pan and bake one-half hour. Serve with tomato sauce.

SAVORY NUT ROAST

- | | |
|-------------------------------------|---------------------------------|
| 2 cups celery | $\frac{1}{2}$ cup onion, cut up |
| 4 cups whole wheat bread-
crumbs | 1 can tomatoes, No. 2 |
| $\frac{1}{2}$ cup cut-up parsley | 2 tablespoons Wesson Oil |
| 2 eggs | 1 lemon |
| $1\frac{1}{2}$ cups nut meats | 1 teaspoon vegetable salt |
| | 1 cup tomato sauce |

Season with spices, chop nuts fine. Add to chopped vegetables with seasoning, egg and breadcrumbs. Bake in a well-buttered dish in a moderate oven (350 degrees) for sixty minutes. Serve with tomato sauce.

CELERY LOAF (very delicious)

- | | |
|---|--|
| 1 scant cup toasted whole wheat
breadcrumbs, ground fine | 4 medium-sized mushrooms,
ground fine |
| $1\frac{1}{2}$ cups celery, ground fine | Add 2 eggs (beaten) |
| $\frac{1}{4}$ bunch parsley, ground fine | 3 tablespoons melted butter |
| $\frac{3}{4}$ cup English walnuts, ground
fine | 1 teaspoon vegetable salt |
| 1 large white onion, ground fine | $1\frac{1}{2}$ cups milk |

Beat the eggs, add the milk, pour over the above ingredients. Let stand twenty minutes. Bake in a moderate oven about thirty minutes.

HOLLAND ONION PIE

6 sliced onions fried in butter	1 tablespoon whole wheat flour
Add $\frac{1}{2}$ cup milk	1 beaten egg
$\frac{1}{2}$ cup cream	Vegetable salt

Place in a baked whole wheat pie crust; bake until brown.

SAVORY LENTILS

Equal parts baked Hauser lentils that have been rubbed through a colander and whole wheat breadcrumbs, moistened with cream or milk; seasoned with one teaspoon vegetable salt, a little sage; one teaspoon garlic powder.

Pour into a dish and bake in moderate oven until brown. A few nuts made into a meal added makes it very palatable. Serve with tomato sauce.

LENTIL CUTLETS

Chop and fry one large white onion in Wesson Oil; boil one beet root until tender and cut fine. Cook one pound lentils until thoroughly done. Mix the above ingredients; add one clove garlic, finely cut; one tablespoon chopped parsley; one teaspoon thyme; vegetable salt; two whole eggs, beaten.

Put aside until cold. Mold to resemble meat cutlets. Brush with beaten egg.

VEGETABLE SWEET BREADS

1 large parsnip, stewed	Stew 1 white onion
Stew 1 artichoke and flavor	

Slice the parsnip when tender, placing pieces cheddar cheese corresponding size on each slice. Lay these on thick slice buttered whole wheat toast. Place in quick oven until cheese softens and browns. Have ready milk in which the vegetables were cooked. Strain and discard the onion-artichoke and thicken. Add square butter and whole wheat flour. Pour this sauce over the sweetbreads when removed from the oven. Garnish with parsley. Serve quickly while hot.

VEGETABLE CROQUETTES

- | | |
|---------------------------------------|-------------------------------|
| 1 large carrot, shredded or
grated | 1 stalk young celery, chopped |
| 1 large white onion | 1 bunch chopped parsley |
| 1 cup brown rice | 1 cup cooked fresh peas |

Mix and add butter size of walnut. Shape, roll in egg, then in cracker crumbs. Fry.

NUTS ARE SPLENDID MEAT SUBSTITUTES

Nuts are one of the very best building foods we have, rich in protein and mineral salts, low in starch, except peanuts, which are high. Always combine nuts with citrous fruits, as they are concentrated food and acid-forming if eaten otherwise. They are a delightful accessory to salads, breads, cakes, desserts and as a meat substitute, if as much as a handful is used at one meal. Nuts are especially good for growing children. One handful of almonds, pecans or walnuts with a glass of orange juice and one slice of whole wheat bread with butter and honey makes an ideal lunch for growing children.

TO BLANCH AND SALT ALMONDS

Drop almonds into boiling water, let stand a few minutes. Drain and chill with cold water immediately. Drain again and remove skins. Dry with tea towel. Melt two tablespoons butter in frying pan, add one-half pound nuts and sprinkle with vegetable salt. Nuts are more easily digested when salted.

PECANS

Salted, same as the almonds.

NUT CROQUETTES

Fry one teaspoon finely-chopped white onion in one tablespoon butter. Add one pint sweet milk, one cup bread-crumbs (whole wheat) four beaten eggs, one pint chopped mixed nuts, vegetable salt, a little lemon juice, spice.

Cook until thick enough to work with. Form into croquettes; roll in egg and whole wheat breadcrumbs; fry in very hot oil. Lay on brown paper to drain.

NUT CHOPS

¼ teaspoon sage
3 tablespoons ground black
walnuts
1 egg
6 tablespoons cream

6 slices whole wheat bread
12 tablespoons whole wheat
cracker crumbs
Vegetable salt

Remove crusts from bread. Spread with walnuts. Beat the egg, add cream; dip the bread into this, then in the rolled crackers. Place in an oiled pan; bake until brown in a hot oven.

PART FIVE

EGGS

PART FIVE

EGGS

THE digestibility of eggs depends upon the cooking. The best part of the egg is the yolk, the white being albuminous and hard on the kidneys. An ideal beverage, rich in nutrition and very refreshing is a vitality breakfast, made as follows:

DR. HAUSER'S PEP BREAKFAST

Break two egg yolks into the juice of two oranges, and if desired add a pinch of vegetable salt. Beat until well mixed. A creamy drink fit for a king's table will be the result. Grapefruit juice may also be used in this way for a most palatable and nutritious drink. This is especially good for building up rundown bodies and may be used twice a day. (Be sure and do not use egg white).

BAKED EGGS

Dice an onion; fry in a tablespoon of butter. Add a tablespoon of lemon juice. Butter a baking dish, spread the onions over this. Break in the eggs. Put in oven to bake. When the eggs are baked, garnish with fried whole wheat breadcrumbs.

DELICIOUS EGGS

6 eggs	1 white onion (minced)
1/3 cup tomato soup	1 teaspoon vegetable salt
1 tablespoon lemon juice	1 teaspoon garlic powder
2 dozen ripe olives (cut from stones)	1 teaspoon celery seed

Beat eggs slightly. Add the other ingredients. Cook in double boiler and stir constantly until it thickens. Serve on whole wheat or rye toast.

EGGS BAKED IN GREEN PEPPERS

Cut off the stems of green peppers; clean out the inside; parboil until tender. Break an egg into each one. Put in baking pan with a little water. In fifteen minutes eggs should be firm. Serve on small piece of whole wheat toast.

EGG TIMBALES WITH CHEESE SAUCE

To four slightly beaten eggs, add one cup of well-seasoned vegetable soup and one-half teaspoon salt. Strain, fill buttered timbale molds, or ring mold if larger dish is preferred, and set into pan of hot water. Bake in slow oven (250 degrees) until set. Turn out, garnish with parsley and serve with cheese sauce.

POACHED EGGS

Heat water to boiling point. Break eggs singly and drop into the water. Turn off the heat under the pan. Cover and let stand three minutes. Serve on toasted rye or whole wheat bread.

SNOW EGGS

Separate eggs; beat the whites of each egg separately; place in a custard cup; add salt and a drop of lemon juice. Make a nest for the yolk. Place in the oven as many of these as you have persons to serve. Bake ten minutes and turn out on a slice of toasted rye or whole wheat bread.

SOFT-BOILED EGGS

Place eggs in boiling water and leave in for three minutes by the clock.

SEVEN-MINUTE EGGS

Place eggs in boiling water. Put on the cover; remove from the fire. Let stand seven minutes. Desirable for people with sensitive stomachs.

OMELETS

Omelets with just a slight variation make many changes possible in meatless meals. Several are suggested here and you can combine others equally as interesting.

SPANISH OMELET

A portion each of celery, cut fine and sauté, white onion, cut fine and sauté; green pepper, cut fine and sauté; parsley, cut fine and sauté; canned tomato, cut fine and sauté; garlic, cut fine and sauté.

Season with garlic powder, sweet food spice and salt. Put in omelet before folding over.

MUSHROOM SAUTE OMELET

3 small mushrooms
 $\frac{1}{2}$ white onion

$\frac{1}{4}$ green pepper
 $\frac{1}{4}$ bunch parsley

Grind and sauté. Season with vegetable salt and garlic powder. Fold lightly in the beaten eggs before putting on hot buttered skillet.

ASPARAGUS OMELET

Add to plain omelet before cooking, a quantity of fresh asparagus cooked.

FRESH SPINACH OMELET

Same as asparagus omelet, only substitute fresh, shredded, raw spinach, green pepper chopped; lemon; salt and spices.

RICE OMELET

2 eggs
 $\frac{1}{2}$ teaspoon vegetable salt

1 tablespoon butter
 $\frac{1}{2}$ cup hot boiled brown rice

Beat eggs separately until light; add rice and vegetable salt. Heat butter in pan, add the mixture. Put on with high flame, then turn very low, soon as omelet is in the pan and cook seven or eight minutes. Garnish with parsley.

GREEN PEPPER OMELET

Slice two green peppers, sauté in butter, add to beaten eggs before cooking. Season with vegetable salt.

PART SIX
SEA FOODS

PART SIX

SEA FOODS

SEA FOODS are considered delicious because they contain phosphorus and the even more important chemical, iodine. The oceans are vast tanks of important chemicals. All things growing in and around the ocean contain an important beautifying chemical called iodine. Sea foods do not contain as much carbon as red meats, and therefore are not fattening, especially when lemon juice is used with them. Those who prefer to receive their iodine in vegetable form should use powdered sea lettuce.

CRAB MEAT CROQUETTES

Remove meat from boiled crabs; shred, season. Mix with thick cream and a bit of whole wheat flour which has been cooked a little. Shape in croquettes. Roll in whole wheat breadcrumbs, then in beaten egg, then again in crumbs. Fry in deep boiling Snowdrift.

BOILED SHRIMP

Select fresh shrimp; insist on having the heads on them. Boil for fifteen minutes in a kettle of boiling water containing about three bay leaves, one white onion, vegetable salt, sweet food spice, juice of one lemon.

Drain through colander. Place on platter, serve hot, letting each person served peel his own and dip in mayonnaise, or hot lemon butter.

BOILED SHRIMP COCKTAIL

Peel fresh boiled shrimp. Place a few in cocktail glass. Add a portion tomato soup, a bit of vegetable salt and sweet food spice. Marinate each, serving with lemon juice.

CREOLE SHRIMP

Peel and remove heads from fresh uncooked shrimp. Sauté in Snowdrift one white onion, cut fine, one-half green pepper, cut fine; one clove garlic, two bay leaves; two tablespoons chopped parsley; a pinch of thyme; vegetable salt.

Dredge lightly with whole wheat flour. Add one can tomato soup and water to make desired amount of gravy. Add the peeled shrimp and cook until they turn a deep pink. Delicious served with steamed, brown or wild rice.

SHRIMP—STUFFED PEPPERS

Remove tops and pith from six large green peppers. Fill cavity with one minced onion, one clove garlic, one pound fresh cooked shrimp, two tablespoons chopped parsley, one cup chopped celery, two cups moistened whole wheat crumbs, one egg, vegetable salt.

Fit snugly in a pan so they cannot move. Add one cup water and bake in moderate oven.

BROILED LIVE LOBSTER

Clean lobster, split and place in buttered broiler. Broil eight minutes, flesh side up, season and broil six minutes on shell side. Serve with hot melted butter.

LOBSTER COCKTAIL

Boil lobster, remove meat and cut in pieces. Mix with each portion, tomato soup, one tablespoon lemon juice, sweet food spice, vegetable salt and a portion cooked beets soured in half lemon and half water; chill thoroughly. Serve in cocktail glasses.

LOBSTER CROQUETTES

1 cup chopped lobster	$\frac{1}{2}$ cup cream
$\frac{1}{2}$ teaspoon vegetable salt	$\frac{1}{2}$ cup brown rice

Stir the lobster and seasoning into the cream. Shape into croquettes and fry in deep boiling Snowdrift.

FRIED OYSTERS

Select extra large oysters. Dry well. Roll in whole wheat flour; then in egg diluted with a little milk; season with vegetable salt. Cover again with whole wheat flour. Lay in frying basket and fry in boiling Snowdrift until a light brown color. If cooked too long, they will toughen. Fry very few at a time, not over four, as they will cool the grease too much. Put in brown paper in oven as you complete frying until all are done. Serve plain or with tartar sauce. (*See Dressing and Sauces.*)

OYSTER LOAF

Cut off top of loaf of rye or whole wheat bread lengthwise. Remove soft part. Toast the hollow crusts; fill with fried oysters, young cooked beets (pickled in lemon juice), chopped fine; chopped parsley, a few olives. Fasten the bread loaf together with needle and thread. Serve with tartar sauce.

OYSTER COCKTAIL

Dry oysters, place in cocktail glasses; add tomato soup with a few drops lemon juice, sweet food spice, garlic powder. Put a select piece dwarf celery in each glass. Chill and serve as an appetizer.

BROILED OYSTERS

Select large oysters; season with vegetable salt. Lay on broiler made as a screen with wires running both ways. Place under hot flame; turn over, broil other side. Serve very hot with tartar sauce.

BAKED OYSTERS

Select oysters in the shell. Scrub well; place in a hot oven and bake about fifteen or twenty minutes. Open with oyster knife. Serve on plate with section of lemon, sprig of parsley and a little vegetable salt.

LITTLE NECK CLAMS

Little neck clams are served raw on half shell, just as raw oysters are served.

ROASTED CLAMS

Roasted clams are served usually at clam bakes. Proceed as in baked oysters. If served at seaside, place on heated stones. Pile clams on the hot stones, cover with seaweed, spreading canvas over them to retain the steam.

ROUND LOAF CLAMS

Remove soft part from a round loaf rye bread. Fill cavity with little neck clams. Bake in oven fifteen minutes. Thicken clam juice with whole wheat flour, vegetable salt, sweet food spice to taste, adding a little garlic powder. Heat and pour over loaf when removing from the oven.

TO SAUTÉ FISH

Have oil or Snowdrift deep enough to cover the fish and hot enough to brown a piece of potato in forty seconds. Roll fish in steel-cut corn meal before frying. Trout, halibut, smelts, croppie, sunfish, skin-salmon, steaks from filet of sole or flounder and fresh water catfish are suitable for frying.

TO BROIL FISH

A heavy griddle is ideal for broiling purposes. Have butter very hot. Brown on one side, turn over and broil until done and serve on hot platter. Pompano, flounder, mackerel and white fish broil well.

TO BOIL FISH

Sew fish in cheese cloth. Drop in kettle of boiling water containing several bay leaves, one clove garlic, one white onion, sweet food spice, vegetable salt. Boil three pounds about one hour. Haddock, salmon, halibut serve nicely boiled.

SALMON EN CASSEROLE OF RICE

Boiled rice
Small can of salmon
1 tablespoon parsley

1 cup tomato sauce
1 tablespoon lemon juice

Line a buttered casserole one inch thick with boiled and well-seasoned rice. Pick over and season with lemon juice and chopped parsley, one can of salmon. Moisten with tomato sauce; fill center of casserole; cover with rice; heat over low flame or steam in a Perfection kettle twenty-five minutes. Turn it out and put tomato sauce around the mold.

BAKED HALIBUT

Grease baking pan with Wesson Oil; put in slice halibut, salt, tablespoon oil, juice one-half lemon, one sliced onion. Add a little water. Bake slowly for thirty minutes, basting frequently. Serve with chopped parsley and sliced lemon.

SALMON CROQUETTES

3 cups cold salmon
1 cup cream
2 tablespoons butter

1 tablespoon whole wheat flour
1 egg
Vegetable salt

Chop salmon; make sauce from butter, flour and cream. Cook and beat until smooth and creamy. Add salmon and seasoning before taking from the fire; add well beaten egg. When cool, make into croquettes; egg, crumb and fry in deep Snowdrift.

PART SEVEN

FOWL

PART SEVEN

FOWL

NICE fresh fowl is more desirable than red meats and should be eaten by those who wish to keep their system free of uric acid. Fowl, as a rule, does not contain as much carbon, and should be eaten instead of red meat by those wishing to reduce. Never eat any of the animal fats. All animal fats are acid forming.

In selecting fowl press on the breast bone; if the cartilage is flexible, allowing the bone to move rapidly, the fowl is young and tender. Pin feathers denote a young bird, while long hairs are indicative of old age. The legs should be smooth and yellow in chickens, while a good turkey has smooth medium brown legs.

FRIED CHICKEN

Disjoint a young chicken. Wash and salt well. Roll in whole wheat flour. Fry in hot Snowdrift or Wesson Oil about one-half inch deep. When browned on both sides drain on brown paper and put in pan and set in moderate oven to mellow. Make gravy as usual.

BROILED CHICKEN

Select chickens about one pound or one and one-half pounds

each. Split back and front; broil flesh side first; season with vegetable salt, sweet food spice and butter. A little garnish of parsley makes it attractive when serving.

CHICKEN EN CASSEROLE

2½ pound chicken
1 can mushrooms
1 carrot
1 onion
1 stalk celery

1 tablespoon chopped parsley
1 teaspoon vegetable salt
1 teaspoon garlic powder
2 cups boiling water
1 tablespoon whole wheat flour

Clean chicken and steam until tender. Melt the butter in a frying pan and add the vegetables chopped fine. Cook five minutes, then add the flour. Add the seasonings, cook five more minutes. Put the chicken in casserole, sprinkle with flour, dust with salt and pour the contents of the frying pan over it. Cook in oven until chicken is thoroughly browned; serve in the casserole.

CHICKEN AND CELERY EN CASSEROLE

Select roasting chicken; disjoint; put in a pot with enough water to cover well. Add good-sized pieces of one large clove, one large carrot, large pieces of celery, vegetable salt, two sprigs parsley. Cook slowly in tightly-covered vessel until the flesh can be moved. Leave in liquor to cool. Bone chicken, all but the wings; put into a baking dish, layer of chicken, layer mushroom sautéd in butter, but do not add butter; salt again. Add small cup thick cream; remove fat from chicken stock and thicken with whole wheat flour. Add as much of thickened liquor as you need to cover the chicken in dish (save the rest for the rice). Be sure to put the carrot and celery in a Pyrex dish with lid and put in the hot oven and let come to a boil. Serve with wild rice.

ROAST CHICKEN

Always roast any fowl breast down first, to retain juices. This may be done in an oven, but the most satisfactory way is done on top of stove in waterless heavy roaster. If done in oven, spread fowl with butter, breast down, with a little water in roaster, basting frequently. In a waterless roaster, melt butter and Wesson Oil half and half and sear fowl on every side until delicate brown. When uniform in color, add one-third glass water; put on the lid. No basting is necessary.

DRESSING FOR FOWL

Cut giblets fine, discarding hard part of gizzard. Fry in Wesson Oil until done. Three fresh mushrooms, cut fine; two white onions, cut fine; one large clove garlic, cut fine; one-half bunch parsley, cut fine; one green pepper, cut fine; sage, thyme, vegetable salt, three eggs beaten.

Add sufficient steamed wild rice or brown rice to fill fowl, one-half cup pecan meats, when you remove dressing from the fire. Fill the fowl; grease with Wesson Oil; moderate oven.

PRESSED CHICKEN

Boil chicken until the meat drops from the bone. Do not salt while boiling. Chop meat fine, season with vegetable salt and stir into it a cup of the broth in which the chicken was cooked. Put into a bowl or crock, cover and place at weight on top. Let stand twenty-four hours before serving. Slice thinly with a very sharp knife.

PANNED CHICKEN

Select small baking size chicken. Cut into pieces, roll in whole wheat flour and salt well. Brown in frying pan on one side. Turn over and cover with one green pepper, cut fine, one-third bunch parsley, cut fine, two white onions, cut fine, one clove garlic, cut fine, one teaspoon sage, three or four bay leaves, one cup canned tomatoes.

When the other side of the fowl has browned, cover with water and bake in a slow oven one and one-half hours. Use Wesson Oil or Snowdrift for frying.

TURKEY

Turkey is roasted and filled in the same manner as chicken.

WILD DUCK

Stuffed wild duck is also very palatable.

WILD DUCK AND APPLE

Fill bird with chopped raw apples with plenty of sweet food spice.

STUFFED QUAIL

Quail is delicious when drawn as any ordinary fowl, stuffed with chopped onion or rice dressing and baked in moderate oven.

GOOSE

Goose is very rich. Parboil to get rid of some of the excess fat. Stuff. Skim fat from drippings before making gravy. Do not serve goose often.

PART EIGHT

MEATS

PART EIGHT

MEATS

THOSE interested in good health are eating less and less meat. While meat does contain a degree of valuable mineral salts, it nevertheless is the most expensive and least nourishing of the building foods. It is very harmful to eat red meats more than once a day. Lamb is the best of the red meats. We do not consider pork a fit food for human consumption. For better health and a clearer mind learn to eat vegetable proteins instead of meat. (*See Meat Substitutes*).

BROILED STEAK

Wipe with a cloth wrung out of cold water. Grease broiler; place steak in hot oven, turning every few seconds, for a few minutes, so that surface will be seared to keep in the juices. Season with vegetable salt, garlic powder and a little butter. When one side is done, turn over and season. Steak one and one-half inches will require twenty minutes, about ten minutes on either side to be well done.

ROAST BEEF

In selecting meats, you will obtain better food value by buying the cheaper cuts as they come from the parts of the animal that contain more of the mineral salts. Avoid fat meats. Sear all sides of the roast in Wesson Oil in

heavy aluminum on top of stove. Season with minced onion, clove garlic, vegetable salt, one can tomato soup. Add one-quarter cup water and allow approximately one and one-half hours to a four-pound roast. Make gravy after removing roast from the pan, by adding whole wheat flour and water in a smooth paste to the drippings; season and add sufficient water to make desired quantity.

PLANKED STEAK

Grease the plank with Wesson Oil. Place steak on same—searing as broiled steak. When done, serve on the plank, placed on a platter. Garnish with sliced tomatoes and water-cress.

PIGGIES IN BLANKETS

1½ pounds round steak; cut	1 teaspoon vegetable salt
about ¼ inch thick, into 3-inch	1 white onion, minced
squares	1 tablespoon butter
Add 1 cup or more whole wheat	1 egg, well beaten
breadcrumbs	1 teaspoon garlic powder

Mix the above well and use as stuffing. Spread each square of steak with some of the above mixture. Roll and fasten with toothpicks. Dredge with whole wheat flour, vegetable salt and sweet food spice; brown on both sides in hot butter in heavy aluminum pan. Turn fire low and cook slowly about one hour. Before removing add one and one-half cups boiling water, vegetable salt and sweet food spice and two tablespoons whole wheat flour to make a brown gravy.

SWISS STEAK

Round steak, three-quarter inch thick, cut in squares about

four inches square. Dredge with whole wheat flour, season with vegetable salt, sweet food spice and garlic powder. Fry in shallow Wesson Oil until both sides are seared. Add one-third green pepper, cut fine, one white onion, cut fine; one clove garlic, cut fine; sprig parsley, cut fine.

Cover with water and bake in oven slowly one and one-half hours.

MEAT LOAF

- | | |
|----------------------------|-----------------------------|
| 1 pound ground round steak | 1 slice whole wheat bread |
| 1 egg | crumbled and moistened with |
| 1 small onion, minced | a little water |
| 1 teaspoon vegetable salt | 1 teaspoon sage |

Form into oblong loaf; spread with butter. When partly done, turn over. Bake in oven or in heavy aluminum double frying pan.

GRANDMOTHER'S HASH

- | | |
|--------------------------|------------------------------|
| 1½ cups diced roast beef | 1 teaspoon sage |
| 1 large onion, cut fine | 1½ teaspoons chopped parsley |
| 1 clove garlic | Juice of 1 lemon |
| 1 cup tomato pulp | 1 teaspoon vegetable salt |
| 1/3 green pepper | |

Place in a frying pan and sauté the above. Dredge well with whole wheat flour. Add water to cover lightly and cook on top of stove until gravy thickens.

POT ROAST

Select three-pound piece rump roast. Wash, dredge with whole wheat flour; season with vegetable salt, sweet food spice, garlic powder. Sear all sides in heavy aluminum

roaster. Cover and cook on top of stove until thirty minutes before it is done; then add carrots, onions, a few fresh peas or any desired vegetables. Replace cover and finish cooking. Remove roast and vegetables from the pan. Add sufficient water to make a desired amount of gravy thickening with a little whole wheat flour if necessary.

BROILED LAMB CHOPS

Trim off superfluous fat or bone. Put on very hot broiler which has been rubbed with Wesson Oil. Sear until both sides are browned. Lower flame and continue cooking, turning occasionally. Chops one inch thick require six-minute cooking; one and one-half inch or two inches thick require fifteen to twenty minutes.

MUSHROOMS IN LAMB CHOPS

Fill center of three-pound crown roast lamb, well seasoned with vegetable salt, with fresh mushrooms. Sprinkle with buttered whole wheat breadcrumbs. Sear in about 500 degree oven; then reduce heat to about 450 degrees and finish, basting frequently, having added a very little water. When done, place on a platter and surround with sliced tomatoes, cooked carrots, peas or any desired vegetables. Serve very hot.

ROAST LAMB

Season with vegetable salt, garlic powder, sweet food spice. Dredge with whole wheat flour. Place in oven two tablespoons Snowdrift on top of the roast, basting frequently. As soon as flour browns a little, add a little water in pan.

Roast one and three-quarters to two hours. Make gravy as usual. Cut across grain of meat to the bone in carving.

MINT SAUCE FOR LAMB ROAST

Equal parts lemon juice and water; add three tablespoons chopped fresh mint.

LAMB AND RICE CROQUETTES

2 cups chopped lamb	Vegetable salt
1 cup cold brown rice	Sweet-food spice
1 tablespoon lemon juice	Garlic powder
2 tablespoons chopped parsley	1 cup cream

Mix all the ingredients; stir into the cream. Heat in double boiler. When cool roll into croquettes; dip in egg and crumbs; fry in deep boiling Snowdrift. Garnish with parsley.

PART NINE

DESSERTS

PART NINE

DESSERTS

NATURE's best desserts are growing on the trees. Our fresh fruits are so very delicious and correctly balanced that they should be our favorite desserts. For special occasions or "once in a while" you may use one of the following combinations:

STEAMED APPLE PUDDING

1 cup whole wheat breadcrumbs	1 teaspoon nutmeg
1 cup finely chopped apples	$\frac{1}{2}$ teaspoon vegetable salt
$\frac{1}{2}$ cup melted Snowdrift	1 teaspoon baking powder
$\frac{3}{4}$ cup brown sugar	1 egg well beaten

Steam forty-five minutes. Serve with fruit sauce.

MERINGUES

Whites of 3 eggs beaten stiff	1 teaspoon vanilla or maple
$1\frac{1}{2}$ cups brown sugar	flavoring
3 teaspoons baking powder	

Add baking powder to sugar, mix slowly with beaten whites. Drop from spoon on unglazed paper or cookie sheet. Bake thirty minutes in a very slow oven. This makes a delicious dessert filled with ice cream, or fresh berries with whipped cream over the top.

FIG OR DATE PUDDING

1 cup dates or figs
2 eggs

1 tablespoon baking powder
2 tablespoons whole wheat flour
1 cup nuts

Mix in the order given, bake in slow oven thirty minutes. Serve with cream.

NEW ENGLAND PLUM PUDDING

One loaf of whole wheat bread sliced very thin (bread must not be fresh). Use one pound seedless raisins. Alternate layers of bread and layers of raisins; sprinkled with vegetable salt, sweet food spice and cinnamon and brown sugar. Press each layer down tight, last layer bread, until deep pudding dish is one-half full. Fill dish with milk to more than cover; pour over three beaten eggs, one cup molasses; stand over night; cover with more milk if soaked up in morning; bake in slow oven three or four hours. Serve hot with hard sauce.

MAPLE MOUSSE

To three egg yolks add a pinch of vegetable salt; one cup maple syrup and bring to boiling point. Pour on beaten yolks gradually. Fold maple sugar and eggs into one pint whipped cream—add chopped black walnuts, one dozen macaroons small, crumbled.

STRAWBERRY ICE CREAM

Proceed same as in peach ice cream.

VANILLA ICE CREAM*(To Serve Six Persons)*

One quart single cream, beaten to stiff froth sweetened with honey to taste; two teaspoons vanilla. Freeze.

BLACK WALNUT ICE CREAM

Same as vanilla ice cream. When cream begins to stiffen a little, add one-half cup chopped black walnuts.

Pistachio nuts also make a delicious ice cream.

PEACH ICE CREAM

Make as vanilla ice cream. When cream begins to freeze, add two cups of fresh peaches finely chopped, which have been sweetened with honey and heated enough to **mash** well. Mix with ice cream and continue freezing.

FRUIT ICE

Sweeten with honey the desired amount of fruit mashed to a pulp. Mix with juice of two lemons. When freezing point is reached, add two well-beaten egg whites and continue freezing.

ORANGE MOUSSÉ

Juice of 4 oranges
2 lemons
1 pint whipping cream

1/3 cup of honey
1 cup chopped black walnuts

Whip cream, add honey, fruit juices and nuts. Then freeze.

PRUNE WHIP

Cook large unsulphured prunes until tender ; stone and mash well. Add juice of one-half lemon. Beat three egg whites very stiff. Add two tablespoons brown sugar. Fold into this gradually the prune pulp, beating continuously. Bake fifteen minutes in moderate oven. Serve with whipped cream.

ORANGE ICE

2 cups water
1 cup honey
1/3 cup lemon juice

1 cup orange juice
A little grated orange peeling

Boil water, honey and orange peeling five minutes; cool and add fruit juices and freeze.

BAKED CUSTARD

3 eggs, beaten slightly
2 cups milk
1/3 cup brown sugar

1 teaspoon vanilla
1 tablespoon honey
1/4 teaspoon vegetable salt

Put in cups in a pan of water; bake in moderate oven.

SOFT CUSTARD

Separate three eggs, put white in mixing bowl and chill. Put yolks in top part of double boiler. Beat with a fork, Add one-quarter teaspoon vegetable salt; two tablespoons honey and one pint of milk.

Put over the other part of double boiler filled with hot water, stirring constantly until it thickens. Remove from the fire and add vanilla flavoring. When ready to serve,

beat the chilled whites to which has been added vegetable salt and a little honey. Put a spoonful of this on each serving of custard.

FRUIT CANDY

Grind equal portions of figs, dates, prunes and raisins. Moisten with honey, roll in little balls and dip in ground nuts.

DATE CANDY

$\frac{1}{2}$ pint strained honey
 $\frac{1}{2}$ pound seeded dates

1 egg white stiffly beaten
Cocoanut

Boil honey until brittle when dropped into cold water; pour into stiffly-beaten egg white; beat one minute; roll dates in this; then in the cocoanut. (Preferably fresh cocoanut put through chopper) but shredded will do if you cannot get the fresh.

PECAN CHEWS

1 pint strained honey

1 pound shelled pecans, ground

Boil honey until it balls when dropped in cold water. Stir in pecans. When cool enough to handle, shape as desired.

PRALINES

Use one cup brown sugar, enough water to dissolve sugar; cook until it forms a soft ball when dropped in cold water. Add a pint of shelled nuts and stir until syrup begins to sugar; drop from spoon on greased paper.

HEALTH CANDY

4 ounces figs

4 ounces dates

4 ounces seedless raisins

2 ounces blanched almonds

2 ounces Pistachio nuts

Put the above ingredients through grinder several times until well mixed. Then make into small cubes like caramels.

PART TEN

SANDWICHES

PART TEN

SANDWICHES

IN ORDER to keep from overburdening the system with starches, it is best to slice bread very thin. Always use dark bread.

PINEAPPLE SANDWICH

$\frac{1}{2}$ pint sliced pineapple	Butter
$\frac{1}{2}$ cup chopped celery hearts	Vegetable salt
$\frac{1}{4}$ cup mayonnaise	

Place on buttered bread, whole wheat or rye.

BOILED EGG SANDWICH

Toast rye or whole wheat bread on one side. Lay on untoasted side, one hard-boiled egg quartered lengthwise. Pour over this melted cheddar cheese. Sprinkle with chopped parsley and serve very hot.

CHEESE SANDWICH

$\frac{1}{2}$ cup grated cheese	$\frac{1}{2}$ cup cream
$\frac{1}{2}$ cup Roquefort cheese	Pinch vegetable salt

To the grated cheese add Roquefort cheese, rub to a paste. Add cream. Beat until smooth and spread between thin slices of whole wheat bread.

COTTAGE CHEESE, OLIVES AND NUTS ON BROWN BREAD

CUCUMBER AND ONION SANDWICH

- | | |
|--|--------------------------|
| 1 teaspoon grated onion | 5 tablespoons mayonnaise |
| 1 cup unpeeled cucumber shaved
very thin | Sweet food spice |
| A little chopped green pepper
and parsley | $\frac{1}{2}$ cup butter |

Use on rye bread.

TOASTED CHEESE SANDWICH

Put slices of yellow cheese on slices of rye bread. Place under flame in oven until cheese melts. Salt, spice. Serve very hot.

WALNUT AND CHEESE SANDWICH

- | | |
|--------------------------------------|------------------------|
| $\frac{1}{2}$ cup black walnut meats | Pinch sweet food spice |
| $\frac{1}{2}$ cup Neufchatel cheese | Pinch vegetable salt |

Chop walnuts fine. Mix with cheese; add spice and salt. Spread between slices of any dark bread.

WATER-CRESS SANDWICHES

Chop cress and season with vegetable salt, a pinch of sweet food spice, a few drops of lemon juice. Mix with cottage cheese and spread between slices of any dark bread.

SWEET SANDWICH

Mix equal parts of finely-chopped seeded raisins and nut meats to a paste, with orange juice. Spread between thin slices of whole wheat bread.

MAPLE SANDWICH

Mix crushed maple sugar to a cream, with whipped cream, and spread between thin slices of whole wheat nut bread.

EGG SANDWICH

Put four hard-boiled eggs through a ricer. Mix with one-half a cup of cream cheese, one-fourth cup finely chopped onion, one-eighth cup chopped parsley, one teaspoon vegetable salt, and one-third cup mayonnaise. Spread between thin slices of whole wheat bread.

AVOCADO SANDWICH

Put Avocado through a ricer, add vegetable salt and a little lemon juice. Spread between thin slices of rye bread.

OLIVE SANDWICH

1 cup chopped ripe olives	1 pimento chopped
1 cup chopped celery	1 tablespoon of lemon juice
1 cup chopped pecan meats	Mayonnaise to make a paste
1 teaspoon vegetable salt	

Spread between thin slices of whole wheat bread.

HONEY AND NUT SANDWICHES

Mix one cup honey and two tablespoons lemon juice. Add nut meats sufficient to make a smooth paste. Serve between thin slices of rye or whole wheat bread.

CHICKEN SANDWICHES

Make a paste of one cup finely-chopped chicken, one-third cup chopped almonds, one-half sweet pimento chopped fine, one teaspoon grated lemon rind, two tablespoons mayonnaise, vegetable salt to taste.

Serve between thin slices of dark bread.

CHEESE-PINEAPPLE SANDWICHES

Cream one-half cup butter, and mix with it one-half cup cottage cheese, four tablespoons chopped fresh pineapple and three tablespoons mayonnaise.

Trim off crusts of whole wheat bread and spread portion of mixture between slices.

OPEN-FACED SANDWICH

Cut slices of brown bread in fancy shapes. Spread with cottage cheese and chopped green olives, garnish with bits of sweet green pepper and pimento. Use only one slice of bread. A variety may be had by using different mixtures for spreading.

OLIVE SANDWICH

Take eight slices, preferably dark bread. Dip quickly one

side of each in cold water. Lay damp sides together and toast in a moderate oven. Spread a layer of almond butter, then a layer of Neufchatel cheese and sprinkle with minced stuffed olives.

RAISIN NUT SANDWICH

Chop finely one-half pound each of seeded raisins and English walnuts. Moisten with two teaspoons of grape juice and serve between slices of dark bread.

PART ELEVEN

SAUCES AND SALAD DRESSINGS

PART ELEVEN

SAUCES AND SALAD DRESSINGS

DRAWN BUTTER SAUCE

Melt $\frac{1}{3}$ cup butter	1 tablespoon lemon juice
Add 1 tablespoon chopped parsley	1 teaspoon vegetable salt

Serve over broiled fish, asparagus or anything where a plain sauce is necessary.

HOLLANDAISE SAUCE

$\frac{1}{2}$ cup butter unsalted	Vegetable salt to taste
2 egg yolks	$\frac{1}{4}$ teaspoon garlic powder
1 tablespoon lemon juice	$\frac{1}{3}$ cup hot water

Beat egg yolks slightly; add lemon juice and a portion of butter; place in double boiler; when blended, add gradually the remaining butter, beating continuously. Lastly, the boiling water, stirring slowly. Cook about one minute; add salt and spices. Serve on meats or vegetables.

MUSHROOM SAUCE

$\frac{1}{2}$ green pepper, cut finely	1 tablespoon butter
5 large mushrooms, cut finely	$\frac{1}{2}$ teaspoon vegetable salt
1 white onion, cut finely	$\frac{1}{2}$ can tomato soup
$\frac{1}{2}$ clove garlic, cut finely	$\frac{1}{2}$ cup water
$\frac{1}{4}$ bunch parsley, cut finely	

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Sauté the vegetables in butter; add the tomato seasoning and water and let come to a boil. To serve on meat substitute.

TOMATO SAUCE

1½ cups tomato soup	1 teaspoon celery seed
1 cup water	1 clove garlic, finely minced
2 tablespoons butter	1 teaspoon vegetable salt
1½ tablespoons whole wheat flour	

Brown garlic slightly in butter; add to tomato sauce slightly heated. Pour over the blended flour and butter. Boil five minutes. Good with meat substitutes, meats, rice, etc.

DRESSING FOR SALADS

The properly made dressing enhances the taste of the salad, while a bad one will ruin even an otherwise perfect salad. Always have your dressings as well as the salad very cold.

EVERYDAY DRESSING

Lemon juice with olive or Wesson Oil, a bit of vegetable salt, a little honey.

Wholesome and very simple.

FRENCH DRESSING

1 tablespoon vegetable salt	½ teaspoon brown sugar or
1 pint oil	1 teaspoon honey

Mix well; stir in one pint Wesson Oil or olive oil, juice of two lemons strained. Put in a bottle and shake well before using.

BEST MAYONNAISE

1 egg	1 teaspoon brown sugar
1 lemon	1 pint Wesson Oil
1 teaspoon vegetable salt	

MAYONNAISE THAT WILL KEEP INDEFINITELY

3 scant tablespoons whole wheat flour	2 tablespoons butter
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Blend well; add cup lukewarm water in a saucepan, in skillet of hot water. When the mixture has thickened, add juice of one lemon.

Put two egg yolks, one teaspoon vegetable salt, one-half teaspoon garlic powder into the mixing bowl. Beat until well mixed with egg beater. Add to this, continuously beating, Mixture No. 1. Add gradually one cup Wesson Oil, about one-eighth cup at a time. Will keep a long time.

MAYONNAISE FOR FRUIT SALAD

Add one cup cream to the above recipe for fruit salads. Delicious!

ROQUEFORT CHEESE DRESSING

Add desired amount of grated Roquefort cheese to French dressing.

TARTAR SAUCE

1 cup mayonnaise	1 small clove garlic, chopped
5 olives	very fine
2 tablespoons chopped water- cress	1 small ground cucumber

Stir all ingredients into the mayonnaise. Serve with frog legs, shrimp, or any sea food desired.

THOUSAND ISLAND DRESSING

One pint mayonnaise, to which chop and add three boiled young beets, one-third fresh green pepper, two tablespoons parsley, one teaspoon garlic powder, one teaspoon vegetable salt.

PART TWELVE

*BREADS, MUFFINS, CAKES,
COOKIES, WAFFLES, PIE CRUST,
ETC.*

PART TWELVE

BREADS, MUFFINS, CAKES, COOKIES, WAFFLES, PIE CRUST, *Etc.*

PEOPLE all over the world eat too many of the starches and sweets. This is the cause of much disease, because most starches are denatured and divorced from lifegiving elements.

The following are the best natural combinations to be found in America. Every housewife is requested to try a few of the following recipes. We are of the opinion that it will be impossible to return to the old pastries, angel and devil cakes, after you have tasted these wholesome 100 per cent nutritious combinations.

WALNUT BREAD

$\frac{1}{2}$ cup brown sugar	1 teaspoon vegetable salt
$\frac{3}{4}$ cup water	$2\frac{1}{2}$ teaspoons baking powder
$\frac{1}{2}$ cup molasses	$\frac{3}{4}$ teaspoon soda
$\frac{3}{4}$ cup milk	1 cup walnuts, cut in large pieces
3 cups whole wheat flour	

Dissolve the brown sugar in water. Add molasses and milk. Sift dry ingredients together and stir in the first mixture. Add nuts. Bake in a greased bread pan from one and one-half to two hours in a slow oven (350 degrees F.). This makes one loaf and is delicious for sandwiches.

GINGER BREAD

1 egg	$\frac{1}{2}$ cup shortening
1 cup brown sugar	$\frac{1}{2}$ teaspoon cloves
1 teaspoon vegetable salt	3 cups whole wheat flour
1 teaspoon ginger	2 teaspoons soda
$\frac{1}{2}$ teaspoon allspice	2 cups boiling water

WHOLE WHEAT GEMS

1 teaspoon vegetable salt	$1\frac{1}{2}$ cups sweet milk
4 teaspoons baking powder	1 egg
2 tablespoons brown sugar	3 tablespoons shortening
$1\frac{1}{2}$ cups whole wheat flour	

Mix dry ingredients together; then add milk, eggs and shortening.

ICING

1 cup brown sugar	$\frac{1}{2}$ cup water
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Boil until it threads; beat well whites of two eggs. Pour syrup on beaten eggs; beat until cold and thick.

FRUIT AND NUT BREAD

2 cups whole wheat flour	1 cup black walnuts
1 cup brown sugar	$\frac{1}{2}$ cup seedless raisins (cooked
$\frac{1}{2}$ teaspoon vegetable salt	10 minutes, then drained)
3 teaspoons baking powder	1 cup milk

Add raisins to dry ingredients, lastly, the milk.

NUT BREAD

(No. 1)

3 cups whole wheat flour	$2\frac{1}{2}$ cups sweet milk
2 heaping teaspoons baking powder	1 tablespoon brown sugar
1 teaspoon vegetable salt	1 cup shelled nuts

Mix and put in buttered bread tin. Let raise in a warm place one-half hour. Bake slowly for forty-five minutes. Add raisins or dates, if desired.

(No. 2)

Three and one-half cups whole wheat flour, one package seeded raisins, one and one-quarter cups black walnuts, one-half cup brown sugar, three-quarter cup sorghum, one teaspoon vegetable salt, mix with milk, one dessert spoon of soda.

Bake three-quarter hour in slow oven.

RYE BREAD

2 cups rye flour	1 teaspoon vegetable salt
1 cup whole wheat flour	1¾ cups sweet milk
2 heaping teaspoons baking powder	

Mix dry ingredients; add milk; put in buttered pan; let raise in warm place thirty minutes. Bake in slow oven forty minutes.

SALLY LUNN

2 quarts whole wheat flour	1 tablespoon brown sugar
1 yeast cake	1/3 teaspoon vegetable salt
2 eggs	2 cups milk
1 cup butter	

Warm the flour; add the milk luke warm, the melted butter, beaten eggs, sugar and salt. Then the dissolved yeast cake, beaten thoroughly. This is a soft dough, but it must be kneaded; add a little more flour if it is hard to handle. Drop a small portion into greased muffin tins; bake until a delicate brown.

RYE GEMS

- | | |
|---------------------------------|--------------------------|
| 1-2/3 cups rye flour | 2 eggs |
| 1½ cups whole wheat flour | ¼ cup molasses |
| 4 teaspoons Royal Baking Powder | 1¼ cups milk |
| 1 teaspoon vegetable salt | 3 tablespoons Wesson Oil |

Sift the dry ingredients; add molasses, milk, eggs well beaten and butter. Bake in hot oven in buttered gem pans.

NUT BISCUITS

- | | |
|---------------------------|---------------------------------|
| 1¾ cups whole wheat flour | 2 tablespoons brown sugar |
| ½ teaspoon vegetable salt | 2 teaspoons Royal Baking Powder |
| 1 tablespoon butter | ¾ cup milk |
| 1 cup chopped nuts | |

Sift dry ingredients; rub in butter; add the nuts and sugar. Mold with the hands into small balls. Place well apart on greased pans. Bake in hot oven.

DROP BISCUITS

- | | |
|---------------------------------|---------------------------|
| 3 cups whole wheat flour | ½ teaspoon vegetable salt |
| 2 tablespoons butter | 1½ cups milk |
| 3 teaspoons Royal Baking Powder | |

Sift all dry ingredients; rub in the butter with finger-tips; then add milk. Beat to a soft dough. Grease a baking pan; drop a level teaspoon of the dough into the pan, having each biscuit an inch apart. Bake in a hot oven.

FLANNEL CAKES

1 tablespoon butter	1 teaspoon vegetable salt
2 cups milk	2 teaspoons Royal Baking Powder
2 eggs	

Warm the butter in the milk. Pour over the well-beaten yolks of the eggs. Add enough whole wheat flour to make it pour, then add salt and baking powder. Beat thoroughly; fold in the beaten whites of the eggs and bake on a hot griddle.

100% WHOLE WHEAT BREAD

3½ pounds 100% whole wheat flour	2 tablespoons vegetable shortening or Wesson Oil
1 tablespoon vegetable salt	1½ cakes yeast dissolved in
1 tablespoon honey	1 pint lukewarm water
2 tablespoons sweet milk	

Mix and work dough for thirty minutes or more; put in large vessel, let double in size in a warm place. Turn dough and punch down; let double in size again. Work same into loaves and put in greased pans and let raise to almost top of pan. Bake in a moderate oven an hour or more.

NUT CRUST

Grind English walnut meats as fine as meal and use one-half cup of nut meat to every cup of whole wheat flour. Add about two-thirds teaspoon salt and mix well, then add enough cold water to make a rather stiff dough.

Filling: one and one-half cups cranberries washed and

chopped fine, one cup seeded raisins, three-quarters of a cup brown sugar, two tablespoons of whole wheat flour, pinch of salt.

Mix well and put in pie with two crusts. Bake in moderate oven.

WHOLE WHEAT PIE CRUST

One cup Snowdrift in mixing bowl. Pour on this one-half cup boiling water. Blend well; add gradually two cups whole wheat flour, one teaspoon vegetable salt.

Put on the ice fifteen minutes before rolling.

WHOLE WHEAT GRIDDLE CAKES

2½ cups whole wheat flour
5 teaspoons Royal Baking
Powder
1 teaspoon vegetable salt

2½ cups sweet milk
2 eggs
1 teaspoon brown sugar

Mix dry ingredients; add milk and well-beaten eggs. Mix thoroughly and bake on hot griddle.

WHOLE WHEAT GRIDDLE CAKES WITH NUTS AND RAISINS

1 cup whole wheat flour
1 cup milk
1 egg
2 tablespoons Wesson Oil
2 teaspoons Royal Baking
Powder

½ teaspoon vegetable salt
¼ cup chopped nut meats
¼ cup chopped raisins

Bake as ordinary griddle cakes.

DELICIOUS STRAWBERRY SHORTCAKE

2 cups whole wheat flour	Pinch sweet food spice
$\frac{1}{4}$ cup brown sugar	1 egg
4 teaspoons Royal Baking Powder	$\frac{1}{3}$ cup butter
$\frac{1}{2}$ teaspoon vegetable salt	$\frac{1}{3}$ cup milk

Mix dry ingredients and sift; work in shortening; add egg well beaten and milk. Bake in large cake or individual cakes; split and spread with butter; fill with strawberries and cover top with strawberries and serve with cream.

WHOLE WHEAT BISCUITS

2 cups whole wheat flour	1 tablespoon Snowdrift
5 teaspoons Royal Baking Powder	1 cup milk and water equal parts
1 teaspoon vegetable salt	1 tablespoon butter

Sift dry ingredients several times; work in shortening with finger-tips. Cut in milk with knife; make into small biscuits.

BERRY MUFFINS

$1\frac{3}{4}$ cups whole wheat flour	2 teaspoons Royal Baking Powder
1 teaspoon vegetable salt	1 egg
2 tablespoons melted butter	1 cup milk
$\frac{1}{4}$ cup brown sugar	1 cup berries

Cream butter; add sugar and egg well beaten. Sift baking powder and flour together and add the first mixture alternately with milk. Add berries last, dusting them with a little flour. Bake in muffin pans in a hot oven.

SOUTHERN STRAWBERRY SHORTCAKE

Make three whole wheat pie crusts, using cake tins. Chop fresh strawberries. Fill and stack the layers as in a cake, using the chopped berries, brown sugar and whipped cream. Do not add the filling until time to serve so that the crust will stay crisp.

WAFFLES

- | | |
|-----------------------------------|-----------------------------------|
| 1 egg separated | 1 cup sweet milk |
| 1 cup whole wheat flour | White of egg beaten stiff and add |
| 3 tablespoons Wesson Oil | last |
| Pinch of vegetable salt | |
| 2 heaping teaspoons baking powder | |

Add shortening before egg white.

WHOLE WHEAT MUFFINS

(No. 1)

- | | |
|---------------------------------|---------------------------------------|
| 2 cups whole wheat flour | 1 tablespoon brown sugar |
| 2 teaspoons Royal Baking Powder | 1 egg |
| 2 tablespoons butter | $\frac{1}{4}$ teaspoon vegetable salt |
| | $1\frac{1}{4}$ cups milk |

Mix egg and milk; add sifted flour and baking powder. Melt butter, add and bake in greased muffin pan fifteen to twenty minutes.

(No. 2)

- | | |
|--|---------------------------------------|
| 1 egg well beaten | $\frac{3}{4}$ teaspoon vegetable salt |
| Butter size of an egg (melted) | $1\frac{1}{2}$ cups whole wheat flour |
| $2\frac{1}{2}$ tablespoons brown sugar | 2 teaspoons Royal Baking Powder |
| 1 cup sweet milk | |

Mix sugar and butter; add salt and beaten egg; then cup of milk; next flour and baking powder sifted together. Beat batter to lighten. Grease and bake in deep muffin tins.

DATE MUFFINS

1/3 cup honey	2 cups whole wheat flour
1/2 cup Snowdrift	2 teaspoons baking powder
1/4 teaspoon vegetable salt	1/2 teaspoon cinnamon
2 eggs	1/2 teaspoon whole food spice
1/2 cup chopped dates or raisins	

Bake in greased muffin tins about thirty minutes. Put in hot oven, lower flame after ten minutes.

PINEAPPLE SKILLET CAKE

(No. 1)

1 1/2 cups whole wheat flour	1 teaspoon vanilla
1 1/2 teaspoons baking powder	3 eggs separated
1 1/2 cups brown sugar (scant)	

Beat yolks until thick and lemon colored. Add sugar, water and flour with baking powder alternately, vanilla, and lastly fold in white of eggs.

(No. 2)

3 tablespoons butter	6 or 7 slices canned pineapple
1 cup brown sugar	

Melt the butter in an iron skillet; add sugar and let melt. Put pineapple rings in the mixture. Pour sponge batter over pineapple and bake in a very hot oven for first ten minutes,

then lower the heat and bake thirty or forty minutes. Turn out on a large platter, rings up. Serve cold with whipped cream.

CARROT PIE

12 medium-sized carrots

3 eggs

1 tablespoon whole wheat flour

$\frac{3}{4}$ cup brown sugar

1 teaspoon salt

Spice to taste

$1\frac{1}{2}$ cups liquid (half cream and half water)

Cinnamon and lemon juice

Cook carrots and rub through sieve. Beat the eggs and add milk. Add sugar, spice and salt to carrots, then add milk and egg mixture. Fill crust and bake about forty-five minutes in moderate oven. Do not boil.

OATMEAL COOKIES

$1\frac{1}{4}$ cups brown sugar

1 cup butter

2 eggs

$\frac{1}{2}$ cup milk

1 teaspoon soda in 1 tablespoon hot water

1 cup oatmeal flour

1 cup oatmeal

2 cups whole wheat flour

1 cup raisins

1 teaspoon vegetable salt

Drop from spoon on tins and bake in moderate oven.

HONEY DROP CAKES

1 cup brown sugar

1 cup honey

1 egg

1 cup Snowdrift or half butter (scant)

$\frac{3}{4}$ cup liquid (half cream, half water)

1 tablespoon spice

1 teaspoon soda

Cinnamon and juice of a large lemon

Cream Snowdrift and sugar with honey. Dissolve soda

in a little hot water. Add well beaten egg and milk. Use enough whole wheat flour to make a batter that will drop from spoon. Bake in greased gem pans in moderate oven or drop from spoon on greased pan.

DROP RAISIN COOKIES

2 cups rolled oats	3 tablespoons milk
2½ cups whole wheat flour	1 teaspoon Royal Baking Powder
1 cup butter	½ teaspoon vegetable salt
2 eggs	1 cup raisins
1 cup brown sugar	

PECAN JUMBLES

Three egg yolks and one egg white, beaten until quite light. Add to this two cups brown sugar (this must be free from lumps). Beat well; sift one cup whole wheat flour, one teaspoon baking powder (together) five times.

Add this to above mixture alternately with three cups ground pecans. Beat well. Drop in small spoonfuls on greased baking sheet and bake about twenty-five minutes in slow oven.

BUTTERSCOTCH COOKIES

2 cups brown sugar	1 cup butter and Snowdrift mixed
2 eggs	1 teaspoon cream of tartar
1 teaspoon vanilla	1 teaspoon soda
1 cup nuts	1 cup dates put through food chopper
3 or 4 cups whole wheat flour, enough to make stiff	

Sift flour with cream of tartar and soda; cream butter and sugar; add eggs and continue creaming. Add flour mixture and stir until flour just disappears.

Add nuts and dates. Form into a roll on wax paper and wrap. Let stand overnight in a cool place; then cut in one-quarter-inch slices. Bake in a 400 degree quick oven.

FIDDLE STICKS

- | | |
|-------------------------------------|---------------------|
| 1 cup brown sugar | 1 teaspoon vanilla |
| $\frac{3}{4}$ cup whole wheat flour | 1 cup nut meats |
| 3 eggs (whites beaten separately) | 1 cup chopped dates |

Bake in square pan, in slow oven, about one-half inch thick. When cool, cut one inch wide and three inches long.

CARAMEL FILLING FOR CAKE

- | | |
|-------------------------|----------------------|
| 1 cup brown sugar | 2 tablespoons butter |
| $\frac{1}{2}$ cup water | 2 tablespoons honey |

Cook until it forms a soft ball. Beat.

MOLASSES COOKIES

Put one cup dark molasses, one-half cup butter into a small saucepan; bring to boiling point; remove from fire and sift in three cups sifted flour in which two level teaspoons baking powder and one vegetable salt have been mixed.

Roll thin on floured board; cut in shape and bake. Flavor with ginger or vanilla.

DATE STICKS

- | | |
|---------------------------------------|------------------------------------|
| 1 cup honey | 2 well-beaten eggs |
| 1 tablespoon butter on Snow-drift | 1 teaspoon baking powder |
| $\frac{1}{2}$ teaspoon vegetable salt | 1 pound chopped dates |
| 1 tablespoon hot water | $\frac{1}{2}$ pound chopped pecans |
| | 1 cup whole wheat flour |

Cut in shape and bake in slow oven forty-five minutes.

WHOLE WHEAT SPICE CAKE

1 cup brown sugar	1 teaspoon cinnamon
1 tablespoon butter	$\frac{3}{4}$ cup milk
1 egg	$1\frac{1}{2}$ teaspoons Royal Baking Powder
$1\frac{3}{4}$ cups whole wheat flour	

Cream sugar and butter until light; add beaten egg and cinnamon. Then add flour and milk, then the baking powder. Pour the mixture into greased shallow pan and spread over the top thick brown sugar, cinnamon and bits of butter. Bake in moderate oven.

LAYER CAKE

3 eggs	3 cups whole wheat flour
$1\frac{1}{2}$ cups brown sugar (scant)	$\frac{1}{4}$ teaspoon vegetable salt
$\frac{1}{2}$ cup butter	$\frac{1}{3}$ teaspoon sweet food spice
$1\frac{1}{2}$ cups sweet milk	3 teaspoons baking powder

Cream butter and sugar; add well-beaten eggs, then flour gradually with the baking powder. Place in hot oven. Turn down flame after a few moments and bake in moderate oven for forty-five minutes. Make an icing of honey, heated, mixed with ground nuts.

CREAM CAKE

3 eggs beaten separately	2 tablespoons whole wheat flour,
1 cup brown sugar	measured after sifting
2 cups ground almonds	1 teaspoon baking powder

Mix the yolks with sugar; add nuts, flour and baking powder. Fold in lightly-beaten whites. This makes two layers. Bake twenty-five minutes in slow oven. When cool, spread whipped cream between layers and on top. Put in ice-box two hours or longer. Cut in four-inch squares.

FRUIT SQUARES

1 cup cream
 $\frac{1}{2}$ cup melted butter
3 eggs
1 cup brown sugar
 $\frac{1}{2}$ cake yeast

2 tablespoons water
4 cups whole wheat flour
 $\frac{1}{2}$ teaspoon sweet food spice
1 teaspoon powdered cinnamon
1 cup currants, or raisins

Heat the cream in a double boiler; then stir in the butter, well-beaten eggs and sugar. Add the yeast dissolved in a little warm water; then flour and spices sifted together; dredge fruit with flour. Beat hard for fifteen minutes; pour into baking pan and raise until double in bulk. Bake in a quick oven. When done sprinkle with brown sugar and cinnamon. Let cool; cut in squares with sharp knife.

APPLE CAKE

1 cup milk
 $\frac{1}{3}$ cup butter
 $\frac{1}{3}$ cup brown sugar
 $\frac{1}{2}$ teaspoon vegetable salt
1 yeast cake

2 eggs
Whole wheat flour
5 apples
4 tablespoons brown sugar
 $\frac{1}{2}$ teaspoon cinnamon

Scald the milk; pour it over the butter, sugar and salt. When lukewarm, add the eggs and dissolve yeast cake and enough flour to make a soft dough. Beat it thoroughly and set in a warm place to raise. Beat again and let it raise a second time. Then pour into a shallow greased pan; spread the dough thin and spread with butter. Pare and cut apples into eighths, lay closely on top of the dough. Dust sugar and cinnamon over the top. Set in warm place and let raise. Bake in moderate oven over one-half hour. Serve with whipped sweetened cream.

NOTE

Such health products as Garlic Powder Sweet Food Spices, Nu-Vege-Sal, etc., that are referred to in the recipes, may be secured at all health food stores or direct from the manufacturers, The Modern Health Products Company, 1428 North 24th Street, Milwaukee, Wisconsin.

